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**Tuesday**



MARY ANN CHASTAIN/AP

Mark Sanford's tryst in Argentina led to a scandal.

**Sanford Charged:** S.C. gov. faces 37 ethics counts | **4**

**Silent Pain:** Man emerges from misdiagnosed coma | **14**



**First Chair:**  
Kim Lyons will get you sweating in your seat | **FIT**

**lookout**

**Quite a Range:**

Susan Boyle offers impressive vocal stylings on 'I Dreamed a Dream.' Plus, Lego meets 'Rock Band.'

**>> 39-51**



TIM SLOAN/AFP/GETTY IMAGES

## A Final Salute for Fort Hood Victim

**LAI D TO REST:** Maj. Gen. Robert Kasulke, left, salutes the daughter of Lt. Col. Juanita Warman, who was killed during the massacre at Fort Hood earlier this month, during her funeral on Monday at Arlington National Cemetery. Warman, 55, of Havre de Grace, Md., was training to be deployed to Iraq before she was killed. She leaves behind two children and six grandchildren.

## Uptick in Housing Market

Surge in existing home sales brings hope of turnaround

**WASHINGTON** | First-time buyers taking advantage of a special tax credit gave sales of existing homes their biggest surge in a decade, raising hopes for a turnaround in the housing market and pleasing Wall Street.

While rising foreclosures and disappearing jobs still threaten the comeback, there are now bidding wars for houses in some cities, and home sales are nearly 36 percent above their low point in January.

Analysts said the gains in October mainly reflected the tax credit of up to \$8,000 for new homeowners, which was due to expire this month before Congress extended it until spring — and expanded it to more buyers.

The sales figures Monday from the National Association of Realtors provided the juice for a rally on Wall Street. The Dow Jones industrial average, also lifted by a weak dollar, rose more than 130 points.

Analysts said the extension of the home-buyer tax credit should help sustain the housing market next year. Yet the overall economy will probably benefit only slightly from higher home sales because of the rise in foreclosures and slow job market. (AP)

### SALES FIGURES

The housing market is being driven, in part, by reduced prices and federal programs to lower mortgage rates. The median home sales price was \$173,100 in October, down 7 percent from a year earlier and 25 percent below the peak.

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TUESDAY  
**56/46**

WEDNESDAY  
**57/47**



# eyeopeners

FACEBOOK

## Status of 'Wheeee!' A Poor Word Choice

A Canadian woman on sick leave for depression says she lost her benefits after her insurance agent found photos of her having fun on Facebook. Nathalie Blanchard says she was diagnosed with major depression and was receiving monthly sick-leave benefits until payments dried up this fall. When Blanchard called her insurance provider to find out why, she says she was told the Facebook photos showed she was able to work. (AP)

HOLIDAYS

## Angels You Can Hear While High

Customs officials say they got a surprise when they found 316,000 glass bongos disguised as Christmas ornaments at the Los Angeles harbor. U.S. Customs and Border Protection said Thursday that agents found the highly decorated drug pipes in 860 boxes shipped from China. The cargo, estimated to be worth more than \$2.6 million, had been described as glass figures and Christmas ornaments. (AP)



JEFF MITCHELL/GETTY IMAGES

TRADITIONS

## Gillette Approves Of This

Every November for Raisin Monday, first-year students at St. Andrews University in Scotland give their academic mentors bottles of wine and then riot in the quad with shaving cream, as they did Monday. Years ago, students offered raisins, not wine, and were doused in a fountain if they failed to do so. Somehow, the fountain gave way to shaving cream instead. (EXPRESS)

ETHICS

**"I was really torn. After all, this was about the car of a horrible mass murderer."**

— MICHAEL FROENLICH, A VINTAGE CAR DEALER WHO TRACKED DOWN AND HELPED SELL HITLER'S MERCEDES TO A RUSSIAN BILLIONAIRE.

TEMPTATION

## Uncle Phil Sure to Fall off Wagon

You'll need to be 21 to take a bite out of this turkey. New York City tavern owner Paul Hurley unveiled what he's calling the nation's first 100-proof turkey on Monday. A spokesman for O'Casey's Tavern says that the bird is infused with fruit-flavored and 100-proof Georgi vodka for three days before being cooked. Out of concern for the danger of drunken driving, the tavern is offering free taxi rides home to anyone who orders the turkey. (AP)



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## President's War Plans Take Shape

### Obama holds unusual late-evening talk on Afghanistan strategy

WASHINGTON | The White House said President Obama could use an unusual evening war council session Monday to lock in his long-awaited decision on whether to commit tens of thousands of new U.S. forces to the stalemated war in Afghanistan.



Obama

Military officials and others said they expect Obama to settle on a middle-ground option that would deploy an eventual 32,000 to 35,000 troops to the eight-year-old conflict.

Obama was holding the 10th meeting of his Afghanistan strategy review on Monday night, with a large cast of foreign policy advisers, to go over that revised information from war planners.

A presidential spokesman said it was possible Obama could lock in a decision at Monday's meeting or that it could come "over the course of the next several days." (AP)

## Dark Mood Ahead of Black Friday

### AP poll: Americans feeling weight of debt as holidays approach

WASHINGTON | A lot more Americans are feeling stressed out by debt this holiday season, raising the glum likelihood they'll behave like Scrooge rather than Santa.

In fact, fully 93 percent say they'll spend less or about the same as last year, according to an Associated Press-GfK poll. Half of all those polled say they're suffering at least some debt-related stress, and 22 percent say they're feeling it greatly or quite a bit. That second figure is up from 17 percent just last spring, despite all the talk about economic recovery.

Most people — 80 percent — say they'll use mostly cash to pay for their holiday shopping, and that generally means buying less.

For example, Joy McGavin, 26, of Pittston, Pa., says she will cut back on holiday gifts by a few hundred dollars this year and pay for everything with cash.

"Family — nieces and nephews — we won't be able to afford [gifts for] this year," says the stay-at-home



KATHY WILLENS/AP FILE

A survey by The Associated Press found that 80 percent of Americans plan to use mostly cash for their holiday shopping this year, which usually leads to less spending.

mother of three. They now shop at Big Lots — not Wal-Mart. "They're too expensive this year," she says.

Diane Morrison, 57, of Flemington, N.J., says simply, "I'm going to cut back." She's clipping coupons and "looking for big sales."

She owns a payroll company,

and many of her clients are laying off workers. Some of the companies are folding, she says, and "I'm feeling more stressed because I feel my income will go down because of what's happening with my business."

Morrison and the McGavins

are hardly alone with job problems. Unemployment has rocketed past 10 percent for only the second time since World War II, making it

**“Family — nieces and nephews — we won't be able to afford [gifts for] this year.”**

—JOY MCGAVIN OF PITTSBURGH, PA.

harder to pay monthly bills. Home foreclosures have spiked to record highs, and defaults on credit card debt are rising.

How consumers behave during the holidays and beyond is a critical force determining how strongly the economy snaps back from the worst recession since the 1930s. Consumer spending is the single-largest driver of overall economic activity.

This time of year is crucial for merchants, accounting for up to 40 percent of their annual sales.

The traditional kickoff of the holiday sales season is Black Friday — the day after Thanksgiving.

JEANNINE AVERSA (AP)

**2%** **THE INCREASE IN** reports of hate crimes in the United States in 2008 compared to 2007, according to FBI data released Monday. Those same figures show a nearly 11 percent increase in hate crime offenses based on sexual orientation and a nearly 9 percent increase in hate crime offenses based on religion. The largest category, racially motivated hate crimes, fell less than 1 percent. There were 7,783 hate crimes reported to the FBI. (AP)

# Allergies?

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Nation

# Sanford Faces 37 Charges

S.C. governor accused of breaking multiple ethics rules in office

COLUMBIA, S.C. | South Carolina Gov. Mark Sanford, whose tryst with an Argentine lover blossomed into a wide-ranging scandal, is accused of breaking ethics laws by using taxpayer money for pricey airline seats, taking state planes for personal and political trips, and occasionally tapping his campaign chest to reimburse himself for travel.

The details of charges against the second-term Republican governor were released Monday. He has been under scrutiny since he vanished for five days in the summer, reappearing to tearfully admit to an extramarital affair



DAVID TURNER/GETTY IMAGES

South Carolina Gov. Mark Sanford has been under scrutiny since the summer.

with a woman he later called his "soul mate."

The civil charges, which carry a maximum \$74,000 in fines, stem from a three-month investigation by the State Ethics Commission

and could be pivotal in a push by some lawmakers to remove him from office. The state attorney general is deciding whether the governor would face any criminal charges.

The ethics charges include 18 instances in which Sanford is accused of improperly buying first- and business-class airline tickets, violating state law requiring lowest-cost travel; nine times of improperly using state-owned aircraft for travel to political and personal events, including a stop at a discount hair salon; and 10 times he improperly reimbursed himself with campaign cash.

Each of the counts claims Sanford used his office for personal financial gain and carries a maximum \$2,000 fine if he is found guilty. JIM DAVENPORT (AP)

SAN FRANCISCO | STARK DAYS AHEAD?



JUSTIN SULLIVAN/GETTY IMAGES

**RUN ON THE BANK:** An almost-bare shelf of canned food is seen on Monday at the San Francisco Food Bank. As the U.S. continues to struggle through the recession and record unemployment, food banks are seeing an increased demand across the board. With the holiday season approaching, many organizations are struggling to keep up with requests.



**LOGIC Cars Don't Cut Grass** A riding lawn mower may have four wheels and a powerful engine. If it's stolen, however, the Georgia Supreme Court ruled Monday, it's not a motor vehicle. The 4-3 decision overturned the conviction of Franklin Lloyd Harris, who was convicted of felony motor vehicle theft after he loaded a riding mower from a Home Depot into his van and sped away. (AP)



# Radiation Leak Traced to Cut Pipe

Officials say accident at Three Mile Island is not a health threat

HARRISBURG, PA. | Radioactive dust unexpectedly blew out of a pipe being cut by workers during weekend maintenance at the Three Mile Island nuclear power plant, and officials on Monday were trying to determine exactly how and why it happened.

The accident at the central Pennsylvania plant — the site of the nation's worst nuclear power plant disaster — exposed a dozen employees to radiation, but the public was in no danger, plant



Radiation was detected Saturday at the Three Mile Island plant near Middletown, Pa.

officials and government regulators said.

Plant officials likened work-

ers' maximum exposure to the equivalent of two medical X-rays, while the U.S. Nuclear Regulatory

Commission said the workers were exposed to a small fraction of the annual federal regulatory limit.

The accident happened at about 4:15 p.m. Saturday. A radiation monitor at an entrance to the reactor building "temporarily went up" slightly, but a later survey detected no contamination outside, DeSantis said.

DeSantis said workers were cutting cooling system pipes when an unexpected change in the air flow stirred up radioactive dust.

About 150 workers in the building were sent home, and plant officials contacted authorities a few hours later and decontaminated the building. MARC LEVY (AP)

## Lawyer: Hasan Paralyzed From The Waist Down

BELTON, TEXAS | Maj. Nidal M. Hasan, the Army psychiatrist charged with killing 13 people at Fort Hood, Texas, is paralyzed from the chest down and doctors believe his paralysis will be permanent, Hasan's lawyer, John P. Galligan, said on Sunday.

Hasan has been recovering from gunshot wounds at Brooke Army Medical Center in San Antonio. He has been charged with 13 counts of premeditated murder in the Nov. 5 massacre, but Galligan said he "fully anticipates" that military prosecutors might file additional charges. (AP)

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# Palin Draws Crowd at Fort Bragg

Thousands turn out to meet ex-governor at N.C. military base

FORT BRAGG, N.C. | Sarah Palin brought her book-signing tour to North Carolina's Fort Bragg on Monday as thousands greeted the former Republican vice presidential candidate in a campaign-like gathering that tested military rules involving politicians.

The Department of Defense typically prohibits politicians from using installations as a platform, so Palin didn't give a speech and simply thanked soldiers individually. She was allowed to hold the event as a private citizen who was not campaigning, a Fort Bragg spokesman said.

Army officials initially feared the book signing might turn political and negative comments would be directed at President



Former Alaska governor Sarah Palin shakes hands as she signs copies of her book, "Going Rogue," at the North Post Exchange at Fort Bragg, N.C., on Monday.

Obama, so they barred media from attending. The Army later relented and allowed coverage, and many people who attended voiced their opposition to the

commander in chief.

Col. Billy Buckner, a spokesman for Fort Bragg, said the Army agreed to let Palin on post because she was no longer a politician.

"She fell into a little bit of a gray area," he said. "She's not a political figure per se, but she certainly carries a tremendous amount of interest and influence across the country."

Hundreds of Palin supporters arrived early at Fort Bragg, and one woman spent nearly 24 hours in line. Officials estimated that about 4,000 turned out. More than 500 had to be turned away as the three-hour signing ended.

G.R. Quinn, 58, a veteran who spent 20 years in the military, wore an "Impeach Obama" shirt. He blasted the president for closing the detention facility at Guantanamo Bay, for the plan to hold a key Sept. 11 terrorism trial in New York and for Obama's handling of the military overseas.

"He's so wishy-washy about Afghanistan," Quinn said, adding he hopes more troops will be sent there. MIKE BAKER (AP)

## Police: Dog Killed Over NFL Game

BRIDGEVILLE, PA. | Police say a western Pennsylvania man told them he kicked his girlfriend's puppy to death because he was upset that the pit bull wouldn't behave before the start of the Pittsburgh Steelers game.

Twenty-two-year-old William Woodson of Bridgeville remained jailed Monday on a charge of animal cruelty. The Pittsburgh Post-Gazette reported that a witness told police that Woodson was kicking the dog down the street shortly after 1 p.m. Sunday, which is when the football game began. (AP)

### HEARSAY | POLITICS

**"We prefer to go at it with Republicans if we can reach compromises. ... But we're not going to not pass a bill."**

—SEN. CHUCK SCHUMER, D-N.Y., PREDICTING MONDAY THAT DEMOCRATS WILL PASS A HEALTH CARE BILL IN THE SENATE WITH OR WITHOUT REPUBLICAN SUPPORT.



**ACCIDENTS Shock and Paw** A cat went from "meow" to "ow" when officials say it accidentally made contact with a substation's fuse, causing an outage to about 1,500 homes and businesses in southwestern Illinois. The feline apparently survived the encounter early Monday in the Greene County city of Carrollton. Workers responding to the outage found the cat still on the ground several feet from where it apparently touched the fuse. An Ameren spokeswoman said the animal eventually managed to get up and walk away. (AP)

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## In Brief

## UNITED NATIONS

## British Hostage's Remains Are Identified in Lebanon

The remains of British hostage Alec Collett, who disappeared in 1985 during Lebanon's civil war while working for the United Nations, have been positively identified, the U.N. said Monday. Experts began searching for Collett's remains last week in Lebanon's eastern Bekaa Valley, which during the 1975-90 civil war was a lawless region of banditry and kidnapping. (AP)



Scientists look at data from the Large Hadron Collider in Switzerland Monday.

## GENEVA

## Atom Smasher Makes Progress After Repairs

The world's largest atom smasher made another leap forward Monday by circulating beams of protons in opposite directions at the same time in the \$10 billion machine after more than a year of repairs, organizers said. The true test of the Large Hadron Collider will be in early 2010, when scientists plan to start colliding protons to see what they can discover about the makeup of the universe. (AP)

## BRASILIA, BRAZIL

## Silva Pushes Tehran To Negotiate With West

The world must engage, not isolate Iran in the push for Mideast peace, and Iranian leaders should negotiate with Western nations for a "just and balanced" solution to concerns about its nuclear program, Brazilian President Luiz Inacio Lula da Silva said Monday. Silva's comments came after a three-hour private meeting with Iranian President Mahmoud Ahmadinejad. (AP)



People in Jerusalem on Monday pass a picture of captive Israeli soldier Sgt. Gilad Schalit, left. A Palestinian girl in Gaza City holds a photo of a prisoner jailed in Israel.



# Hamas, Israel Near Prisoner Swap

## Officials would trade many Palestinians for captive Israeli soldier

JERUSALEM | Hamas leaders raced to Egypt on Monday amid signs of progress on a deal to swap hundreds of Palestinian prisoners for a captive Israeli soldier held by the Islamic militant group for more than three years.

The exchange could boost Hamas at the expense of its key rival, Western-backed Palestinian President Mahmoud Abbas, in part because one of the prisoners

to be freed is Marwan Barghouti, his main challenger.

Officials on both sides cautioned against exaggerated optimism that a deal is about to be concluded. Even so, conditions appear to be ripening on both sides.

Israel and Hamas have been locked in on-again, off-again talks since Gaza militants tunneled into Israel and captured Sgt. Gilad Schalit in a 2006 raid that killed two other soldiers. Until recently, the Egyptian-mediated talks had made little progress. Both sides seem more serious now than in the past.

Though no official statements

### MUCH TO GAIN

Both sides are hungry for progress in the talks on prisoners:

- Bringing Schalit home would give **ISRAELI PRIME MINISTER BENJAMIN NETANYAHU** a domestic boost and a diplomatic victory at a time when he is being criticized for lagging on peace efforts.
- For **HAMAS**, the release of hundreds of prisoners would likely provide a popularity boost for the militant group among Palestinians. It could also help ease the group's international isolation.

have been made, it appears that Netanyahu is prepared to release more hard-core Palestinian militants than his predecessor, Ehud Olmert, fulfilling a key Hamas demand.

Hamas has shown flexibility on some important issues, particularly Israel's insistence that 150 prisoners are expected to be deported to countries elsewhere in the Middle East or Europe — although still to be worked out is whether these prisoners would eventually be allowed to return to the Palestinian territories. DIAA HADID AND JOSEF FEDERMAN (AP)

# Philippines Political Attack Kills 21

## Assailants ambush caravan of 40 on way to register a candidate

MANILA, PHILIPPINES | Gunmen ambushed a caravan of political supporters and journalists on their way to file election papers Monday, killing at least 21 people in a massacre considered shocking even for a region notorious for violence between rival clans.

The National Union of Journalists of the Philippines said at least 10 local reporters were part of the convoy. Their newspapers and radio stations have not been able to reach them, raising fears that they were killed. If confirmed, it would be the "largest single massacre of journalists ever," according to Paris-based Reporters Without Borders.

The president's office termed the attack the worst political violence in recent history.

"Covering the news has always been dangerous in the Philippines, but the wanton killing of so many people makes this an assault on the very fabric of the country's democracy," said Bob Dietz, the Asia program coordinator for the Committee to Protect Journalists.

Police said the convoy of 40 people was going to register Ismael Mangudadatu to run for provincial governor when they were stopped by about 100 gunmen and taken to

a remote mountainous area.

Soldiers and police later found 21 bodies — including those of Mangudadatu's wife, Genalyn, and his two sisters — sprawled on the ground three miles from where they were ambushed, military spokesman Lt. Col. Romeo Brawner said.

The five vans being used by the group were found abandoned. The army and police were searching for the 19 people who were missing, Brawner said, adding that troops were looking for more bodies in areas that appeared to have been recently dug up. HRVOJE HRANJSKI (AP)





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# Iraq Amends Crucial Election Law

Fight between ethnic groups still threatens to delay January vote

BAGHDAD | Iraq's parliament failed Monday to produce an election law that pleased minority Sunni Arabs, prompting Secretary of State Hillary Rodham Clinton to say that nationwide balloting scheduled for January "might slip" to a later date.

The United States has linked

the pace of its military drawdown to the elections, though the top U.S. commander in Iraq has said the schedule is on track for now. U.S. combat troops are supposed to be out of Iraq by August, and the rest of the forces are scheduled to leave by the end of 2011.

The dispute over an elections law highlights the ethnic and sectarian divisions in Iraq. While more secure than in past years of war, the country has yet to achieve the political reconciliation vital to



A Sunni spokesman reacts to news that a key Iraqi election law was amended.

long-term stability.

Both Sunnis and Kurds have criticized earlier versions of the legislation. The parliament amended

**The number of seats in parliament will grow from 275 to about 320 under the amended law.**

the law Monday with a version that pleased Kurds but failed to appease Sunnis, triggering a likely second veto by the Sunni vice president

and a delay in the elections.

Vice President Tariq al-Hashemi, a Sunni, initially vetoed the law because he wanted more seats for Iraqis living abroad, most of whom are Sunnis. The minority, dominant under Saddam Hussein, has seen its privileged status evaporate since the ouster of the dictator.

After days of intense negotiations by political blocs, lawmakers voted Monday to change the basis for distributing seats, most likely giving more seats to the powerful Kurdish bloc rather than to the Sunnis. QASSIM ABDUL-ZAHRA (AP)

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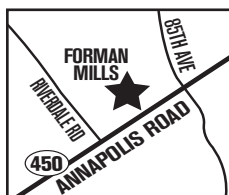
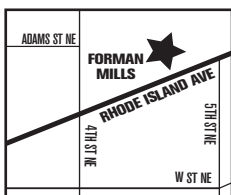
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# Attacks Kill 12 Across Afghanistan

Bombings, shootings occur as Obama mulls troop increase in war

KABUL | Bombings and shootings killed 12 people across Afghanistan, including four American troops and three children, as President Obama convened his war council again Monday to fine-tune a strategy to respond to the intransigent violence.

Obama is considering sending tens of thousands more troops to fight an increasingly virulent insurgency, and pressure has been mounting for a decision. NATO is also calling on allied nations to add to their military presence.

The violence has continued unabated despite the tens of thousands of foreign troops already in the country since the 2001 U.S.-



U.S. Army Pfc. Robert Gardiner, a member of the Alpha troop of the 3-71 Cavalry squadron, walks on patrol near the town of Baraki Barak, Afghanistan, Monday.

led invasion.

Three U.S. troops were killed in southern Afghanistan on Sunday — two in a bombing and a third in a separate firefight — and another

was killed in the east of the country in a bombing on Monday, NATO said in a statement.

The deaths bring the number of Americans killed in Afghani-

stan in November to 15. October was the deadliest month for U.S. troops in the eight-year war, with 59 killed.

To the north, insurgents attacked German soldiers and Afghan National Police with grenades and gunfire as the troops drove through an area northwest of Kunduz city, wounding two Afghan policemen. Air support was called in and the insurgents fled, the German military said in a statement.

A suicide bombing also struck the same province. The bomber, who was targeting a police convoy, killed five civilians, including three children, the Interior Ministry said.

Separately, three Afghan soldiers were killed by a roadside bomb in Helmand province, the Defense Ministry said. ELENA BECATOROS (AP)

## Chinese Court Gives Dissident Prison Sentence

BEIJING | A veteran dissident was sentenced Monday to three years in prison after casting a spotlight



Huang

on poorly built schools that collapsed during China's earthquake last year — an apparent government attempt to squelch such information.

Huang Qi, founder of a human rights Web site, had been charged with illegally possessing state secrets, said his wife, Zeng Li. His detention in June 2008 came after several posts on his blog that criticized the government's response to the earthquake that struck Sichuan province a month earlier and killed 90,000 people. (AP)

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**National Institute of Mental Health**  
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EO/AA

# World

## Belgian's Coma Was Misdiagnosis

### Family says man was conscious for 23 years but couldn't respond

BRUSSELS | A man who emerged from what doctors thought was a vegetative state says he was fully conscious for 23 years but could not respond because he was paralyzed, his mother said Monday.

Rom Houben, 46, had a car crash in 1983, and doctors thought he had sunk into a coma. His family continued to believe he was conscious and sought further medical advice.

Professor Steven Laureys of Belgium's Coma Science Group realized that the diagnosis was wrong and taught Houben to communicate through a special keyboard, said Dr. Audrey Vanhaudenhuyse, who is on Laureys' team.

Belgian doctors who treated him early on said that Houben had gone from a coma into a veg-

etative condition.

Houben's parents would not accept that he was comatose or vegetative. His mother, Fina Houben, said in a telephone interview that they took him to the U.S. five times for tests.

More searching finally got her in touch with Laureys, who put

**“I screamed, but there was nothing to hear.”**

—ROM HOUBEN, WRONGLY DIAGNOSED AS HAVING BEEN IN A VEGETATIVE STATE

Houben through a PET scan that indicated he was conscious.

The case came to light after Laureys published a study in the journal BMC Neurology this year showing that about four out of 10 patients with consciousness disorders are wrongly diagnosed as being in a vegetative state.

RAF CASERT (AP)

### SAUDI ARABIA | SACRED JOURNEY

**RELIGIOUS RITE:** Muslim pilgrims on Monday travel up Noor Mountain in the holy city of Mecca before the start of the annual hajj pilgrimage. The journey to Mecca is required of all able-bodied Muslims at least once in their lifetime. The hajj attracts about 3 million people and begins this year on Nov. 26.

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## Local

# Poll: Gray Over Fenty in '10

D.C. Council chair edges out mayor in head-to-head survey

WASHINGTON | D.C. Council Chairman Vincent Gray, a Democrat, would topple Mayor Adrian Fenty, a Democrat, in a potentially tight 2010 election, according to a new poll by the nonpartisan Clarus Research Group, based in the District.

In a head-to-head contest, 41 percent of those surveyed in live telephone interviews said they would vote for Gray, and 37 percent would vote for Fenty. An additional 22 percent were undecided.



Fenty

Gray

Gray has said that he is considering challenging the first-term mayor.

The poll of 501 self-identified registered voters was conducted Nov. 15 to 18.

The poll shows Fenty's approval rating at 43 percent, and 53 percent of voters said they would like to see someone new elected.

Ron Faucheux, president of Clarus, said in a statement that Gray appears to be benefiting from an "anti-Fenty vote."

"It doesn't mean [Fenty is] down and out. He's got the time and the resources to make a comeback," Faucheux said in an interview. "But he's got a lot of work to do."

The poll also looked at police Chief Cathy Lanier and Schools Chancellor Michelle Rhee. Seventy-one percent of voters approved of Lanier, and 47 percent approved of Rhee.

A Washington Post poll in 2008 showed that Fenty had a 72 percent approval rating.

NIKITA STEWART (THE WASHINGTON POST)

## ARLINGTON | WATER MAIN BREAK SNARLS GLEBE ROAD



MELINA MARA/TWP

**WATER WORK:** A 36-inch water main burst at North Glebe Road and Dittmar Road in Arlington on Monday. The break caused minor flooding and road damage but did not affect the water supply in the surrounding neighborhood. County spokeswoman Diana Sun said the break was "very likely to be an aging infrastructure issue." Dave Hundelt, an Arlington County engineer, said one lane of northbound North Glebe Road will likely remain closed for some time due to repairs.

## The Lotteries

Monday, Nov. 23

### District

Mid-day Lucky Numbers ..... 1-4-0  
Evening Lucky Numbers (Sun.) ..... 4-8-5  
Mid-day DC 4 ..... 8-3-1-5  
Evening DC 4 (Sun.) ..... 1-9-7-3  
Mid-day D.C. Five ..... 3-1-3-0-5  
Evening D.C. Five (Sun.) ..... 0-2-9-2-5  
Daily 6 (Sun.) ..... 6-10-16-17-19-39 (30)

### Virginia

Mid-day Pick 3 ..... 9-4-0  
Evening Pick 3 (Sun.) ..... 3-4-4  
Mid-day Pick 4 ..... 6-7-7-1  
Evening Pick 4 (Sun.) ..... 2-1-6-7  
Mid-day Cash 5 (Sun.) ..... 3-6-11-16-17  
Evening Cash 5 (Sun.) ..... 3-12-25-28-29

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

### Maryland

Mid-day Pick 3 ..... 3-7-2  
Evening Pick 3 (Sun.) ..... 7-0-1  
Mid-day Pick 4 ..... 0-9-0-8  
Evening Pick 4 (Sun.) ..... 2-8-0-7  
Match 5 (Sun.) ..... 6-13-28-31-34 (16)

## Washington D.C. Area Doctor Reveals Shocking Type II Diabetes Solution...

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# D.C. ‘Secret Garden’ Rediscovered

Tregaron Estate now open to public after \$1M restoration effort

WASHINGTON | More than 70 fifth-graders from the District’s Oyster-Adams Bilingual School left their classrooms on a recent afternoon and trekked more than a mile north for an outdoor science lesson in the city’s newest patch of public forest: the Tregaron Estate in Cleveland Park.

Tregaron is a 20-acre piece of Washington history, a rare turn-of-the-20th-century country estate that is mostly intact. An official D.C. landmark since 1979, it was for decades a battleground between private owners who proposed a series of plans to build homes and neighbors who fought to preserve the landscape.

In 2006, the parties reached a settlement that prohibits most development. Now, after nearly



Students from Oyster-Adams Bilingual School take a field trip to the Tregaron Estate on Nov. 18. The 20-acre parcel of land was named a D.C. landmark in 1979.

four years of digging out trails from beneath tangles of dead trees and poison ivy, the wooded parcel and its winding paths are open to school groups and the public. The

estate can be accessed near Klinge and Woodley roads. “It’s kind of a secret garden in the middle of the city,” said Bonnie LePard, executive director of the

Tregaron Conservancy, a nonprofit group that owns 13 of the estate’s acres and is heading up efforts to restore them. “But I don’t want it to be secret. I would love people to enjoy it.”

The Oyster-Adams students, the first from a D.C. public school to visit Tregaron, practiced identifying trees for a science unit on adaptation. They took notes on native and nonnative plants, and made leaf and bark rubbings.

In the past four years, the Tregaron Conservancy, which relies on donations from people, foundations and the Washington International School, has spent about \$1 million on restoration efforts.

“I’ve been here in D.C. forever,” said Veronica Herrera, a parent who helped chaperone the Oyster-Adams field trip and had not heard of Tregaron. “You don’t know what’s in your backyard.”

EMMA BROWN (THE WASHINGTON POST)

# Levy Trial Delayed Till Oct. ’11

WASHINGTON | The murder trial of the man accused in Chandra Levy’s death has been postponed until Oct. 4.

Ingmar Guandique had been scheduled to stand trial on first-degree murder and other charges in January. But prosecutors told a D.C. Superior Court judge that they plan to file additional charges.

Assistant U.S. Attorney Fernando Campoamor declined to name the new charges. Levy, a federal intern, disappeared in May 2001. Her body was found in Rock Creek Park a year later.

The 28-year-old Guandique has been serving a 10-year prison sentence for attacking two women at knifepoint in the park around the same time as Levy’s disappearance. (AP)



Guandique

**100** THE NUMBER OF TELEVISIONS a Virginia man has been accused of stealing from Fort Belvoir. Thirty-six-year-old Stephen Don Carter has been charged in federal court in Alexandria with theft of government property. Carter posted a \$50,000 bond. If convicted, he faces up to 10 years in prison. Carter worked with a stockroom manager at the Army installation’s store to take the TVs. (AP)

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# Injuries Add Insult to Redskins

**Torn ligaments end Betts' season; Portis ruled out for Sunday**

**REDSKINS** | During a news conference in which he discussed three more season-ending injuries and revealed discouraging news about three other players, Washington Redskins coach Jim Zorn was hit with a coughing fit. He needed a drink to help him continue.

"Sorry about my voice," he said.

Maybe it's time to put some bubble wrap around this team.

**"It's something I've never been around. ... These are injuries that are IR-type of injuries, and we've had a lot of them."**

—REDSKINS COACH JIM ZORN

No one, it seems, is safe.

Add Ladell Betts, Chad Rinehart and Eddie Williams to the injured reserve list. Also, don't expect Clinton Portis to return from his concussion for at least one more game or maybe two. Chris Cooley won't even get out of his walking boot for another 10 days, and DeAngelo Hall has a sprained knee that could cause him to miss this week's game.

"Brutal. Brutal. It's been brutal," said Rock Cartwright, the



Ladell Betts was forced to the sideline with a knee injury early during the Redskins' 7-6 loss to the Dallas Cowboys on Sunday.

third-string running back who is now the first-stringer with Portis and Betts out. The Redskins also brought back Marcus Mason, who was cut last month after getting a handful of carries early in the season. He'll join Quinton Ganther as Cartwright's backup.

Betts was the most notable injury, tearing the MCL and ACL in his left knee in the first quarter Sunday just as he was getting

his first substantial playing time since 2006.

The injuries are a downer from a loss that all but buries the Redskins (3-7) in the NFC East cellar. A win over the Dallas Cowboys on Sunday would have pulled Washington within two games of first place and kept some hope alive. But a late touchdown resulted in a 7-6 loss that put the battered team well behind the pack and without

much manpower to get through the final six weeks.

"It's something that I've never been around," Zorn said. "I've been on some teams that had injuries, but these are injuries that are IR-type of injuries, and we've had a lot of them."

In the locker room, players looked for silver linings. Backups get a chance to step up and show their stuff. When asked how the constant shuffling will affect the offensive line's on-field chemistry, Mike Williams shrugged.

"We've played with everybody," he answered. "So, it's really no, 'Well, can y'all get into rhythm?' We've shuffled everybody in. That's not an issue, believe it or not."

JOSEPH WHITE (AP)

## OFFENSIVE LINE TAKES ANOTHER HIT

**WHAT HAPPENED?** Right guard Chad Rinehart, making his fourth career start, broke his right leg early in the third period after it was rolled on by Cowboys linebacker Anthony Spencer. Rinehart had surgery Monday.

**WHO'S NEXT?** Unless Mike Williams recovers from a sprained ankle, undrafted rookie Edwin Williams will get the call at right guard against the Eagles and become the 10th Redskins offensive lineman to start this year.



## Swengali

TERPS FOOTBALL | BY MATT SWENSON

## Maryland Needs A New Attitude

**THE WRITING'S ON THE WALL.** Or should we say the magnets are on the Fridge's door?

With the season's 10th loss looming, Maryland seems ready to buy out Ralph Friedgen for \$4 million and shell out another \$1 million to offensive coordinator James Franklin so he'll forget about that whole succession thing. After a stop at the ATM, Athletic Director Debbie Yow will then try to replace the most successful football coach the school has had in decades.

No one disputes this season is a disaster. More questionable are

**No one disputes this season is a disaster. More questionable are the expectations.**

the expectations set at College Park. Basketball coach Gary Williams proved Maryland can win a national title in an elite sport; he's also shown how hard it is to sustain that level of excellence.

Friedgen spoiled fans with his first three seasons. Even his subpar record these past few years has been better than anything Maryland fans have seen in generations.

Who's going to take over? Forget a big-name coach. Could retreads like the soon-to-be axed Charlie Weis or former Boston College coach Jeff Jagodzinski head the list? Maybe a respected assistant such as Virginia Tech's Bud Foster could breath new life into the Terps.

The school needs to set goals before anyone is hired. Maryland is not a football factory, just a program that can succeed from time to time.



To reach Matt Swenson, e-mail matt.swenson@readexpress.com



**SOCCER Good Sports** The outcome was so embarrassing that Wigan's players want to refund the cost of tickets to their fans. Wigan was routed 9-1 by Tottenham on Sunday, matching a league record for the most goals scored by a team in a game. Jermain Defoe scored five of Tottenham's eight goals in the second half at White Hart Lane. Wigan defender Mario Melchiot said the "embarrassed" players wanted to apologize to their fans who traveled to the game by paying the cost of their tickets. (AP)



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Sports

Meyer: I'm Not Going Away

Gators coach says he will not leave if Notre Dame job opens up

COLLEGE FOOTBALL | Standing behind the same podium where quarterback Tim Tebow delivered his now-famous promise 14 months and 21 wins ago, coach Urban Meyer vowed Monday to be at Florida "as long as they'll have me."

With rumors swirling about Charlie Weis' future at Notre Dame, Meyer squashed any potential speculation about leaving Gainesville for South Bend, Ind.

"I'm ready to dispel it," Meyer



Urban Meyer was an assistant at Notre Dame from '96 to '00 under Lou Holtz.

said. "I'm going to be the coach at Florida as long as they'll have me. So, I want to make that clear."

Meyer was an assistant at Notre Dame from 1996 to 2000, work-

ing under coach Lou Holtz. Meyer got his first head-coaching job a year later, turning around Bowling Green and doing the same at Utah two years later.

He was Notre Dame's top choice to replace Ty Willingham in 2004, but Meyer chose Florida over the Fighting Irish.

In an emotional news conference, Meyer paused three times when talking about the final home game for a senior class that includes the 2007 Heisman Trophy winner.

"No more interviews this week, man," said Meyer, who is 55-9 at Florida. "This is going to be a tough week." (AP)



**SOCCER Playing the Victim** Thierry Henry said on Monday the outcry over his handball in France's World Cup playoff against Ireland last week pushed him to the brink of international retirement. In separate interviews Monday, the striker said he was stung by the virulent criticism he received from former players and politicians, but worse still for the veteran forward was the silence from the French football federation. "It's a fact that there was no support. It really shocked me," Henry said. (AP)

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**TODAY'S TV LINEUP**

**WIZARDS (7 P.M. ON CSN)** Full of turmoil, the slumping Washington Wizards face their old coach, Eddie Jordan, in a game against the Philadelphia 76ers.

**COLLEGE HOOPS (1:30 P.M. AND 3:30 P.M. ON ESPN2; 7 P.M. AND 9 P.M. ON ESPN)** The consolation round of the Maui Invitational leads up to the tournament's semifinals during the evening session.

**COLLEGE FOOTBALL (7 P.M. ON ESPN2)** There are some good teams in the MAC this year. Unfortunately, Western Michigan and Ball State — which play in a nationally televised game — are not two of them.

**SOCCER (2:30 P.M. ON CSN)** Barcelona plays AC Milan in the Champions League.

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## Sports

# Mauer Snags MVP Award

Twins catcher is only second at position to win honor in the AL

BASEBALL | Joe Mauer became only the second catcher in 33 years to win the American League Most Valuable Player Award, finishing first in a near-unanimous vote Monday.

The Minnesota Twins star received 27 of 28 first-place votes and 387 points in balloting by the Baseball Writers' Association of America.

Yankees teammates Mark Teixeira (225 points) and Derek Jeter (193) followed. Detroit's Miguel Cabrera drew the other first-place vote and was fourth with 171 points, one point ahead of the Angels' Kendry Morales.

Mauer became the second Twins player to win in four years, following Justin Morneau in 2006. Morneau gave Mauer a bottle of champagne Monday at the Metrodome.

"Hopefully, we can pop that open here a little later," Mauer said.

After missing April with a back



JIM PRISCHING/AP

Joe Mauer led the American League in batting average (.365), on-base percentage (.444) and slugging percentage (.587). He hit 28 home runs and had 96 RBI.

## A RARE ACHIEVEMENT

→ Ivan Rodriguez in 1999 had been the only catcher since Thurman Munson in 1976 to win the AL MVP. The others were Mickey Cochrane (1934), Yogi Berra (1951, 1954 and 1955) and Elston Howard (1963). NL catchers to win were Gabby Hartnett (1935), Ernie Lombardi (1938), Roy Campanella (1951, 1953 and 1955) and Johnny Bench (1970 and 1972).

injury, Mauer homered on his first swing of the season and went on to lead the AL in batting average (.365), on-base percentage (.444) and slugging percentage (.587), the first AL player to top all three categories in the same season since George Brett in 1980. Mauer set career bests with 28 homers and 96 RBI. He was voted to his third All-Star team and won his second-straight AL Gold Glove. (AP)



**COLLEGE BASKETBALL Syracuse Makes Big Jump** Kansas remains the runaway No. 1 in The Associated Press' college basketball poll, and Syracuse makes the jump from unranked to No. 10. The Jayhawks were on top of 56 of the 65 ballots by the national media panel. Michigan State and Texas stayed second and third. (AP)

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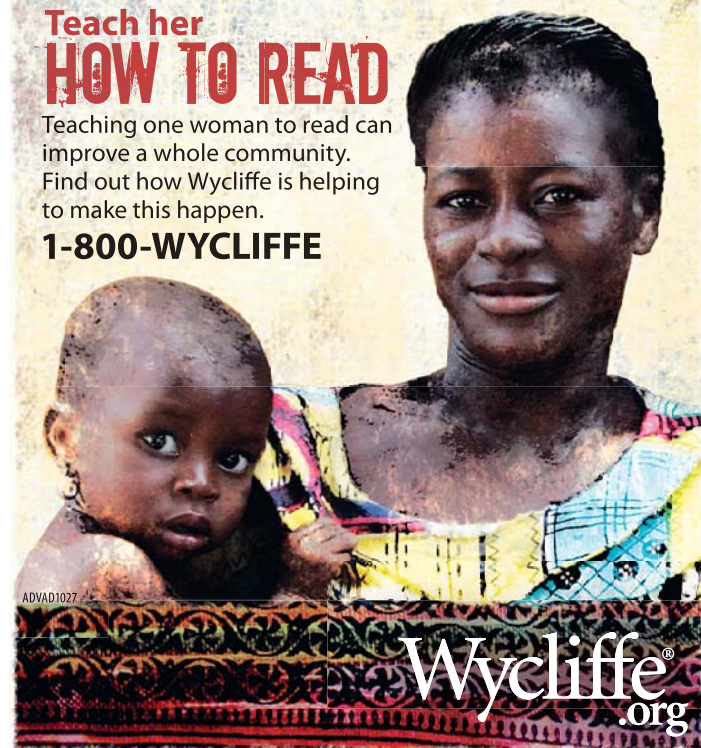
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# Study Cries Foul on Hoops Refs

Professors find proof that calls do, in fact, favor the home team

**BASKETBALL** | They don't all need glasses. But if you always suspected basketball referees are biased — well, you're right, according to a couple professors who've studied the matter.

Refs favor the home team, the academics say. They're big on "make-up" calls. They make more calls against teams in the lead, and the discrepancy grows if the game is on national TV.

The professors studied 365 college games during the 2004-05



Cal coach Mike Montgomery reacts to a call last week in a game against Syracuse.

**THE FINDINGS**

- The probability of a foul being called on the visiting team was 7 percent higher than on the home team.
- When the home team is leading, the probability of the next foul being called on it was about 6.3 percentage points higher than when the home team was trailing.
- When the home team had at least five more fouls than the visiting team, there was a 69 percent chance the visiting team would be whistled for the next foul.

season and found that refs had a terrific knack for keeping the foul count even.

Exhibit A: the 2005 Final Four meeting between Illinois and Louisville. The Illini, known for being more aggressive defensively, got whistled for the first seven fouls. By the end of the game, the foul count was Louisville 13, Illinois 12. The Illini won 72-57.

It helps explain why college basketball has become increasingly physical in the past 25 years.

"Part of the reason for the study came from something my coach used to tell me," said study co-author Kyle Anderson, who played at Division III Knox College. "He said a team can come in and push and shove and grab and hold, and by the end of the game, or end of the half, they've only got one or two more fouls because officials kind of get tired of calling it."

EDDIE PELLIS (AP)

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**GOT ISSUES?** DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

## Stop the Fights Without Killing The Passion

**Q** My husband and I have had a lot of highs and lows over the years. We are always either fighting or all over each other. Lately, the lows have been much more frequent than the highs. I have considered going to counseling with him, but I know he's not going to want to work on things, because he sort of likes the dynamic we have. He thinks that we are a "passionate" couple and that this is just the way we work. He says that marriage counseling would dampen the highs and the lows. I don't know how much I want to change that. But I also think that we need help. — TRAPPED

In some ways, you've answered your own question. You admit that



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you are not happy the way things are, with the lows outnumbering the highs. So, how can the alternative — with fewer lows and presumably fewer shattered dishes — not be worth exploring?  
There will always be Frank

Sinatra-Ava Gardner-esque pairings in the world, where it's all fireworks and no evenings watching "Top Chef" in sweatpants. But fireworks can burn. No, boring isn't the holy grail. But a touch of boring can be a welcome respite

when it comes as a replacement for anger, hurt and fear. Talk to him further about giving counseling a try. He might be surprised that it's meant not to take away the spark but to purify it. If he still refuses to go, it looks like you'll have to decide where your rock bottom is.

## Be the Boss of The Relationship

**Q** I have a very dysfunctional relationship with my boss of eight years. I slept with him when I first started working there, and on and off for the first few years. I know it was a bad idea, but it happened. The problem is that we still have a weird dynamic where we know each other too well and can hurt each other. Not too many people are left from our early days, but people notice that there's something wrong. Lately, he has started acting very inappropriately and not being as professional as he used to be. Short of

**getting another job, how can I get things to be more manageable?**  
— CONCERNED AT THE OFFICE, D.C.

It sounds goofy, but the best way to get things more professional is to simply be more professional. So, you know how to hurt each other. Why would that ever come into play in a workplace, outside of the bikini waxing profession? Don't do it, and don't put up with his doing it. And the more inappropriate he gets with you, the firmer you have to be in your boundaries.

If you really want to turn this relationship around, you simply can't allow yourself to slip back into old patterns, and you have to consider your options of recourse if he is actually harassing you. Finally, I know you don't want to get another job, but if this starts negatively affecting your personal life, it's worthy of consideration.

**@** Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at [baggage@readexpress.com](mailto:baggage@readexpress.com). This column is not a substitute for one-on-one care.

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## MAT OF COLOR

Lululemon is hawking the Manduka Pro Mat in purple (\$90, Lululemon.com).

That might not sound like a big deal unless you know the product's previous name: "The Black Mat." Other than the new hue, it's the same sturdy gear yogis have dug for a decade. It's also co-branding bolsters and towels.

## CREATIVE LOAFING

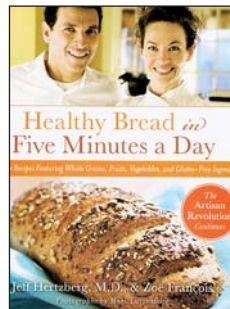
Remember when everyone was scared of carbs? Luckily, that nightmare is over and we can savor "Healthy Bread in Five Minutes a Day" (\$27.99, St. Martin's), which features recipes for loaves spiked with ingredients such as red wine and guacamole. And for celiacs, there's a whole gluten-free chapter.

## TAKE IT ON THE SKIN

It's getting to be the most wonderful time of the year, except for the fact that your skin is drier than the Sahara. Fight back with Jergens Sensitive Skin Relief (\$6.99), a hypoallergenic, fragrance-free moisturizer that claims to keep you feeling soft for 36 hours.

## BODY IN A BOX

If you're going to be stuck at Grandma's house without a gym, bring along the Men's Health Get Back in Shape Kit (\$49.99, Getfitkit.com). The package includes equipment to get you doing push-ups, pull-ups and ab work; a workout poster; and eating tips.



## GUINEA PIG

### Not Quite Drinking To Your Health

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When it was time for the taste test, we were eager to check out Devotion's claims that the addition is virtually undetectable and, in fact, just makes the product smoother. So, we tried a round of straight sipping. That was clearly a mistake. One guy even declared it "gritty" and "like cardboard."

But when we mixed Devotion with orange juice (for a healthier spin on the screwdriver), the offensive taste wasn't nearly as noticeable. Does it live up to the motto: "If you're going to be bad, be good"? Not a chance. But we suspect bodybuilders may be planning some shots. VICKY HALLETT (EXPRESS)

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“It seems like this is the thing I was always looking for,” she says. “I tell patients they need to exercise, but then they say, ‘Do what? Where?’ They have a lack of motivation.” Plus, many of them have additional health problems, making them even more wary of launching a fitness program.

Suggesting the DVDs, and the Web site [Startfitnessnow.com](http://Startfitnessnow.com) — which features more info and resources (including recipes and a quiz) — is a simple way to ease patients into a healthier lifestyle.

But Singh emphasizes the importance of everyone’s understanding the link between obesity and diabetes, particularly in November, American Diabetes Month. People who are overweight are much more likely to develop the disease, which can lead to serious complications, including high blood pressure, blindness, stroke and kidney failure. “And exercise can take it away completely,” Singh says.

That’s because working out — as little as 20 to 30 minutes a day — helps control blood sugar levels in diabetics and lets them use more of the insulin the body produces.

Give it a shot. It’s better than the needle kind, right? V.H.



Even exercises such as this one, which lets you leave the dumbbells to the side, help build your muscles. You just have to make sure you’re pulling as hard as you can.

# Start by Taking a Seat

## Kim Lyons helps diabetics and new exercisers find their footing

Kim Lyons, the perky trainer best known for her work on “The Biggest Loser,” has a message for those who think exercise isn’t for them: “Sit Down & Shape Up.” It’s the name of her new three-part DVD series (\$19.95 each, available at [Startfitnessnow.com](http://Startfitnessnow.com)), which is geared toward people facing type 2 diabetes or just getting into fitness for the very first time. And she means it literally — in her first lessons, she teaches viewers a toning routine performed on a chair.

You don’t have to run a marathon the first day,” she explains. But, unfortunately, that’s exactly the impression many of her clients have when they meet her. “They can’t run up mountains 100 times, and they’re ready to quit because they can’t do what

they see on TV.”

So, instead, her trio of DVDs take a slow and steady approach to beating the disease and building strength, cardio endurance and flexibility. Take a move such as a biceps curl. In an early workout, she leads the exercise without weights while sitting down. Later on, she demos it with light dumbbells in her hands. By the last routines in the series, she stands up during the movement. The same goes for the walking segments of the workouts. They start as simple strolls but get increasingly faster and incorporate weights.

“A lot of it is building up confidence. Some people can’t start with walking, even if it’s for mental reasons. You need to believe in yourself,” she says.

The gradual buildup promotes success, as do Lyons’ continuous prompts. Along with presenting the exercises, she explains why they’re important to your health, gives ideas on how to stay motivated to do them and even offers eating suggestions. (Hankering for

### TURKEY DAY TIPS

**Kim Lyons realizes that Thanksgiving (and the rest of the holiday season) can provide an extra challenge. Here’s her advice on how to face it.**

- “Don’t get up, plopp yourself on a couch and starve yourself until dinner. Bundle up and go for a walk with your family.”
- Eat breakfast and a light lunch before dinner, and remember you can always eat leftovers later. “You can’t douse your body with 3,000 calories at one meal.”
- No mindless eating. “There are all of those little snacks, and some of them don’t even taste good. If it’s not worth it, put it down.”
- Keep it positive when people try to push food on you. Instead of, “I can’t; I’m dieting,” say, “I’ve been eating healthier. No, thanks.”

a snack? A handful of almonds is the way to go). “That way they’ll still hear me yipping at their shoulder even after the DVD is over,” she adds.

One of her other tips is reaching out for support, which Lyons says she’s lucky to have in abundance from her bodybuilding hubby, Gunter Schlierkamp. “I’m so fortunate we’re both athletic freaks. Some people have the opposite problems — their spouse doesn’t move,” she says. For those folks, she recommends setting up exercise dates with pals or visiting an animal shelter to borrow a dog for a walk.

But even though Lyons and her husband push each other — she urges him to remember functional training while he encourages her to remember to visit the weight room — she says she understands what it’s like to feel unable to exercise. Earlier in her career when she participated in fitness competitions, she ripped her Achilles tendon. “Just moving hurt so badly,” she remembers. To heal herself, though, she knew it was critical to do whatever she could with resistance bands and the mobility she did have.

And that’s what Lyons hopes the message of this series is. “It’s about saving your life, not fitting into your skinny jeans,” she says.

VICKY HALLETT (EXPRESS)



# Look Who's Marathonning Too

## An Arlington kid is too young to run but not to race a marathon

Michael Wardian of Arlington couldn't be prouder of his son Grant, who completed his first marathon on Sunday in 2:34:37. Given the speedy time, it was an exceptionally relaxed performance. "He woke up at around 15 miles and then just hung out," Michael says. It's worth noting, of course, that Grant is 11 months old and he zipped along the course snuggled up in a BOB Ironman stroller pushed by his 35-year-old dad.

The Route 66 Marathon was supposed to be Grant's turn to snag a Guinness world record. Until two minutes before the father-son duo crossed the finish line in Tulsa, Okla., Wardian had held the title of fastest stroller-pushing, marathon-running pop from a 2007 race with Grant's 3-year-old brother Pierce. But despite the Wardians' managing to shave a whopping eight minutes off the previous time, rival runner Zac Freudenburg and his 10-month-old, Liam, were just a wee bit quicker.

Don't worry about Grant, though,

Wardian says. Sure, he's cried since the race. But that's to be expected. And as for Wardian, he's thinking he can snatch the record back, or at least set a new one with a double stroller, which is how he regularly trains. "I could push them for a marathon no problem," he says.

**Sleeping in on race day isn't the best strategy, unless you're an 11-month-old baby in a stroller.**

If that sounds incredibly difficult, for normal folks it would be. Add the weight of both boys and the buggy and Wardian is pushing an additional 60 to 70 pounds while keeping up a 6- to 6:30-minute-per-mile pace. Pre-Tulsa, he was psyched to have such a light load for race day. "It's like going from a Honda to a Ferrari," he says, noting that the Ironman is 2 pounds lighter than the stroller he originally set the record with, which he figured was good for cutting about two minutes off his time.

Normally, Wardian races stroller-free. That's both because most



Michael Wardian, with his 11-month-old, Grant, wants to get his world record back.

events won't allow it and because Wardian is an endurance extremist. Marathons aren't really his bag — although he's won the National Marathon three times and participated in Olympic trials in 2004 and 2008. His favorites are ultra

events, such as 50Ks and 100Ks (he placed third and sixth, respectively, at worlds this year and was the top American in both).

While his father-son events aren't nearly that long, he sees the challenge as somewhat similar. "The

stroller adds a little spice with the kid's temperament thrown in. It's not an ultra distance, but it's adding a degree of difficulty," he says, rattling off the disadvantages. "You don't have free range of motion in your arms and that can be uncomfortable. Your turning isn't as quick, because you don't want to slam your kids around. You don't have your hands free to grab water. And the other thing you have to worry about is the kid having a meltdown. He could get tired, hungry, want Mom."

Fortunately for Wardian, Grant and Pierce are usually happy to go for a ride, and they're used to it from all of the hours of training. Strangers who spy them might think it's odd for a shirtless speedster to be pushing a pair of kids, but the boys just like the outdoors and the motion — and the games. "I'll do hill workouts so we'll go up and down for 40 minutes and Pierce counts until he gets bored. He'll say, 'Go, go, go up the hill!'" Wardian explains. Other favorite diversions: "What do you see?" and "How fast can we get to XYZ?"

"It's a great way to involve your kids in a sport. A lot of people feel like they have to give up a part of themselves when they have children, but you can do stuff together," Wardian says.

And they won't even care whether you've won them a Guinness world record. VICKY HALLETT (EXPRESS)

# Stuffing Your Schedule

## Thanksgiving offers an array of fitness activities

Sitting around the house this Thursday morning increases the chances you'll be drafted for kitchen duty. So, save yourself — and your waistline — by going on a Thanksgiving Day exercise parade.

→ **ON THE RUN:** The weather forecast calls for a sunny, brisk day, ideal conditions for a grateful

gallop. Take on the **TURKEY CHASE 10K** in Bethesda (8:30 a.m., \$35-\$45, Turkeychase.com), Montgomery County's biggest race of the year. There are also 2-miler and 50-meter tot trot options. Or, lace up for the **TURKEY TROT 5K** in West Potomac Park (8:30 a.m., \$25, Some.org/events\_trot\_main.html), which benefits So Others Might Eat.

→ **STRETCH YOUR LIMITS:** So much extended family at one table means dinner's sure to come with a side dish of drama. Keep your calm by

starting the day with a yoga practice. Logan's **FLOW YOGA** (1450 P St. NW; Flowyogacenter.com) is hosting a "Cultivating Gratitude" workshop (\$25, 10 a.m.-12:30 p.m.) that's heavy on restorative poses and soothing yoga nidra. If you tote your mat over to **CAPITOL HILL YOGA** (641 Pennsylvania Ave. SE; Capitolhillyoga.com), there's a \$5 community class at 9 a.m.

→ **DANCE FEVER:** Later you'll tango with that turkey, but boogey your behind off first. **ARLINGTON JAZZER-CISE** (200 N. Glebe Road; Arling-



Runners participating in the Turkey Chase get to take a gander at lovely foliage.

tonjazz.com) invites folks to "huff before you stuff" with three classes (8 a.m., 9:10 a.m. and 10:20 a.m.). And at **JOY OF MOTION'S** Friendship Heights studio (5207 Wis-

consin Ave. NW; Joyofmotion.org), there's a \$20 two-hour jazz dance workshop at 10 a.m. Or, you can always just cut a rug in your living room. V.H.



# How to Fix Up Those Holiday Fixings

## Thanksgiving can be a healthy holiday with smarter cooking

Serving a healthy Thanksgiving dinner doesn't have to mean giving up that pumpkin pie or those buttery sweet potatoes. But it does involve making some trade-offs.

The trick is knowing when the indulgence is worth it. Here are some suggestions of where you can trim — along with two recipes you can cook up for less fattening additions to the spread.

- Serve plenty of vegetables, but don't drench them in butter. A teaspoon or so goes a long way. As an alternative, a sprinkling of toasted, chopped nuts can add incredible flavor and a richness that comes from the healthier fats they contain.
- Fat-free chicken broth or nonfat buttermilk can give mashed potatoes a luxurious quality without adding fat.
- The turkey itself is pretty lean (especially the white meat) as long as you remove the skin, which contains most of the fat.

- To make a lighter gravy, skim and discard the grease from the drippings in the roasting pan, add chicken or turkey stock to the pan, then thicken with cornstarch instead of the traditional roux made with flour and fat.
- As for the stuffing, instead of a stick or so of butter, add moisture with other ingredients, such as diced vegetables and fruit. A bag of herbed stuffing mix can be transformed with a mixture of dried cranberries, chopped walnuts and orange zest. Or try a blend of dried apricots, pistachios and chopped leeks. Just saute these ingredients (using only a tablespoon of butter or olive oil) along with the chopped onion and celery you normally would add to the dried stuffing mix. JIM ROMANOFF (AP)

### EATING IN

#### Whole-Wheat Couscous, Wild Mushroom and Leek Stuffing

1 HOUR, 20 MINUTES; SERVES 10

##### INGREDIENTS

- 2 CUPS water
- 1/2 OZ dried porcini mushrooms
- 2 TBSP extra-virgin olive oil, divided
- 3/4 CUP coarsely chopped walnuts
- 1 CUP chopped sweet onion
- 2 leeks, white parts only, thinly sliced
- 8 OZ shiitake mushrooms, stemmed and sliced
- 1 TSP minced garlic
- 1 TSP salt, more to taste
- 1/4 TSP ground black pepper, plus more to taste
- 10-OZ package (1 2/3 cups) whole-wheat couscous
- 1/2 CUP chopped flat-leaf parsley
- 3/4 CUP reduced-sodium chicken broth (if baking in a casserole)

##### PREPARATION

1. In a medium saucepan, bring the 2



LARRY CROWE/AP

cups of water to a boil. Stir in the dried mushrooms, then remove from the heat. Let stand for 20 minutes or until the mushrooms are soft. Pour them through a fine strainer set over a bowl, reserving the liquid. Coarsely chop the mushrooms and set aside.

2. In a large nonstick skillet over medium, heat 1 tbsp of the oil. Add the wal-

nuts and stir until toasted, about two minutes. Add the onions and leeks, then saute until soft, about three minutes.

3. Add the shiitake mushrooms, garlic and the reserved porcini mushrooms, and saute until the shiitake mushrooms have softened, about three minutes longer. Set the mix-

#### Cherry-Apricot Crumb Pie

1 HOUR, 10 MINUTES; SERVES 8

##### INGREDIENTS

- 1/3 CUP quick-cooking rolled oats
- 2/3 CUP whole-wheat flour
- 1 TBSP light brown sugar
- 1 TBSP honey
- 2 TSP canola oil
- TWO 15-OZ cans dark sweet cherries in heavy syrup
- 2/3 CUP sliced dried apricots
- 1/4 CUP granulated sugar
- 1 1/2 TBSP cornstarch
- 1/4 CUP orange juice
- 1 FROZEN 9-inch deep-dish pie crust

##### PREPARATION

1. In a medium bowl, combine the oats, flour, brown sugar, honey and oil. Using



LARRY CROWE/AP

a fork, work the mixture together thoroughly; set aside.

2. Heat the oven to 375 F. Set a strain-

er over a bowl. Pour the cherries into the strainer, reserving the syrup. Cut the drained cherries in half. In another

ture aside.

4. Add enough water to the mushroom-soaking liquid to equal 2 1/4 cups. In a large saucepan, combine this liquid with the salt, pepper and the remaining 1 tbsp of olive oil. Bring to a boil, stir in the couscous, cover and remove from heat. Let stand for 10 minutes.

5. Uncover the couscous and fluff with a fork. Stir in the parsley and the reserved mushroom mixture. Season with additional salt and pepper, if desired.

6. If baking inside a turkey, let the dressing cool completely before stuffing the turkey. Stuff the turkey just before roasting.

7. If baking in a casserole, heat oven to 325 F. Coat a 4-quart baking dish with cooking spray.

8. Transfer the mixture to the prepared baking dish, then pour the chicken broth evenly over the top. Cover the dish with a lid or foil and bake for 30 minutes. Uncover the dish and bake for 15 minutes longer. (AP)



**224 calories, 9 g protein, 32 g carbs, 7 g fat, 0 mg cholesterol, 204 mg sodium, 5 g fiber**

medium bowl, combine the cherries with the apricots, then set aside.

3. In a small saucepan, stir together the sugar and cornstarch. Slowly stir in the orange juice and 3/4 cup of the reserved cherry syrup (discard the rest, or reserve for another use). Stir the mixture over low until simmering and thickened, about five minutes.

4. Stir the thickened mixture into the bowl of apricots and cherries. Pour the filling into the pie shell. Sprinkle with reserved crumb mixture over the top. Bake the pie for 45 to 50 minutes, or until the fruit is bubbling and the topping is lightly browned.

5. Cool before slicing. (AP)



**324 calories, 4 g protein, 64 g carbs, 7 g fat, 6 mg cholesterol, 102 mg sodium, 3 g fiber**



# Boost Your Brainpower

Spice up your life and six other tips to help keep your mind sharp

Of all the things we gain with age — wealth, wisdom, children — a sharper mind isn't one of them. Instead of being a steel trap like it used to be, it's probably starting to resemble a colander. Life keeps pouring in, but you retain less and less of it.

But researchers are discovering that there are ways to forestall the decline. The secret: Stop taking your gray matter for granted, says P. Murali Doraiswamy, chief of biological psychiatry at Duke University's medical school. "You can add 10 or more years to your brain's useful life just by paying some attention to it," he says. Here are seven tips to boost your brainpower.

## 1 Dance, Dance, Dance!

"Few activities stimulate as wide a variety of brain systems as dancing does," says Daniel Amen, author of "Magnificent Mind at Any Age." "Dancing requires everything from coordination and organization to planning and judgment." Ditto for martial arts. "Both require you to position different parts of your body simultaneously and in synchronicity — and with dance, you've got to move along to music," says John Ratey, author of "Spark: The Revolutionary New Science of Exercise and the Brain." "That's a lot of mental stimulation."

## 2 Crack Some Eggs

The ideal breakfast is an egg, says Larry McCleary, author of "The Brain Trust Program." The incredible edible contains B vitamins, which enable nerve cells to burn glucose, your brain's major energy source; antioxidants, which protect neurons against damage; and omega-3



Dancing isn't just a workout for your body. The coordination helps your brain, too.

fatty acids, which keep nerve cells firing at optimal speed. Similarly, McCleary says that the best brain foods are those that would rot if the power went out. Pick fresh fruits, veggies and lean proteins.

## 3 Keep On Moving On

Multitasking is like Kryptonite to gray matter. When you have a crammed to-do list, rather than layer projects, take on one task at a time and change them up every hour. Can't finish something in 60 minutes? Schedule another slot for it later in the day. "Switching from one project to the next will engage different areas of the brain, keeping you mentally alert," says Gary Small, director of the UCLA Center on Aging and the Semel Institute Memory Research Center and the author of "The Longevity Bible."

## 4 Hit the Hay

According to a 2007 study at Harvard Medical School, Z's help memories lodge themselves in your brain (as anyone who has ever pulled an all-nighter and then tried to recall important details can attest). The study showed that the brain gathers disparate pieces of information and weaves them into a coherent whole while you're asleep. Clock seven hours of shut-eye, Amen recommends. "Science shows that people who sleep for seven hours exhibit significantly more brain activity than those who don't," he says.

## 5 Disconnect The Cable

A 2005 study published in Brain and Cognition found that for each additional hour per day a person spent watching TV between the ages of 40 and 59, the risk of developing

Alzheimer's later in life rose by 1.3 percent. Top out at two hours a day, recommends Aric Sigman, a psychologist and biologist, and the author of "Remotely Controlled: How Television Is Damaging Our Lives."

**Science** shows that people who sleep for seven hours exhibit significantly more brain activity."

## 6 Raid the Spice Rack

The carnosic acid found in rosemary has been shown to reduce stroke risk in mice by 40 percent, according to a study published in the Journal of Neurochemistry. Carnosic acid appears to set off a process that shields brain cells from free-radical damage, which can worsen the effects of a stroke. It can also protect against degenerative diseases such as Alzheimer's and the general effects of aging. But rosemary isn't the only "mind spice": Cinnamon, turmeric, basil, oregano, thyme and sage can all protect your brain from inflammation, says neurologist Eric Braverman, a clinical assistant professor at Weill Cornell Medical College. Shoot for 3 to 7 teaspoons of any combination of these spices each day.

## 7 Study Another Language

Parlez-vous français? Non? Then you may find yourself less able to stave off dementia. In a 2007 study at York University in Toronto, bilingual seniors kept the worst effects of the condition at bay four years longer than those who'd never ventured beyond their native tongue. Learning a second language appears to increase the density of gray matter in the areas of your brain that govern attention and memory. During your commute, play some language-instruction CDs. JOEL WEBER (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

## STETHOSCOPE



## HEART HEALTH

### No Other Fish to Fry

Like fishing for compliments about your cooking? To keep them coming for decades, make sure you bake or broil your seafood instead of frying it. According to a study presented at the American Heart Association's annual meeting last week, the omega-3 fatty acids in fish are super for keeping your risk of cardiac death low, but only when prepared healthily. Also, ladies got a boost from adding low-sodium soy sauce or tofu to their meals.

## SKIN CARE

### Engage in Safe Text

Texting doesn't have a reputation for being so good for your health — car accidents, thumb cramping, etc. But a new study out of the University of California-Davis Health System found that reminding people to slap on sunscreen via a brief text every morning actually worked. The ones who got the texts remembered to protect their skin more than half the time, but the control group put on sunscreen only 30 percent of the time.

## ALCOHOL

### Put the Bottle Down

Moderate drinkers — guys who go for two nips a day and gals who opt for one — are known to have more brain power as they age than abstainers and drunks. But it might not be the booze that's responsible. A report in the Journal of Neurology, Neurosurgery and Psychiatry indicates that their mental skills may really be due to the social and economic advantages moderate drinkers tend to have.



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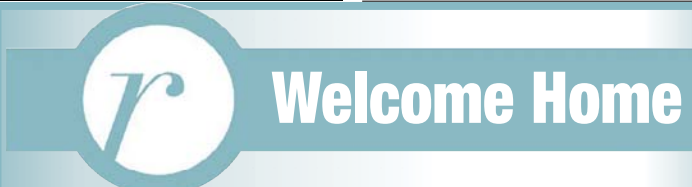
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Foreclosure Applicants Welcome

5 Minute Pre-Approval

866-513-7965

6220 Springhill Dr., Greenbelt Md 20770

limited time offer. Call for Details!

\*Must Move in by 11/27/2009

Hillcrest—\$1300, 2br1ba, 2800 Texas Avenue

VOUCHER HOUSING. HEAT incl 202-669-8473

Hyattsville EHO

University City Apartments

\$99 Security Deposit w/approved Credit

FREE APPLICATION REBATE - upon move-in

ALL UTILITIES INCLUDED

For a small fee

1 & 2 Bedroom's from \$779 - \$1029

BEAUTIFUL RENOVATED APARTMENTS AVAILABLE

Free Accent Wall

GREAT DISCOUNTS FOR Teachers, Police, Students, Firefighters & Nurses

some restrictions apply

CALL NOW 866-405-6986

2213 University Blvd.

Hyattsville MD 20783

Hyattsville-MD-Beautiful Garden Style 1 & 2BR

Apts all utilities included & FREE parking Close to 410 and Rt.1, bus lines, PG Plaza METRO, AVAILABLE NOW!

Call 301-779-6037 or Visit WWW.UIPPM.COM

Check out our 2 Bedrooms!

Highview Terrace

Apartment Homes

All Utilities Included

Renovated Kitchens & Bathrooms

On-Site Metro Shop

Wall-to-Wall Carpet

Walk-in Closets

Swimming Pool

Playground

Picnic Areas

Open Parking

7004 Highview Terrace, Hyattsville, MD 20782

highviewterrace.com

888.867.0906

HYATTSVILLE, MD — 4BR/2BA corner house, W/W, W/D, screened porch, near schools, shops and Metro. \$1740 plus utilities. Call 240-510-5323

Landover

SUMMER RIDGE

NO RENT UNTIL JANUARY!

on selected units\*

1, 2 & 3 Bedrooms Available

Less than perfect credit & foreclosures welcome!

Semi-Gated Community

\$250 Security Deposit

FREE After Care Program

Central AC/Heating • Computer Lab

Wall-to-Wall Carpeting

Free Parking & Metro Accessible

866-658-4287

www.summerridgeapartments.net

1829 Belle Haven Drive,

Landover MD 20785

Mon-Fri: 9-7 • Sat: 10-5 • Sun: 12-4

LANDOVER/CEDAR HGTS- Rooms for Rent.

Call 301-801-4110 anytime

MCLEAN, VA-- 2 BR, 1 Full BA with new appls.

No pets. No smoking. \$1650/month plus utilities, 1 month deposit. Call 703-888-6591

NE

JETU APARTMENTS

869 21st St

HOLIDAY SPECIAL!

1 and 2 BR Starting @ \$745

FREE UTILITIES

Wall-to-Wall Carpet

Resident Controlled Entry

On-Site Laundry & Playgrounds

24-hr. Emergency Maintenance

Steps away from Cafe, Shopping & Metro

Pick your accent wall

877-814-0692

William C. Smith & Co./EHO

www.wcsmith.com

NE- Newly renovated 2BR apt. Near Bus lines section 8 ok secure building.

202-251-4638

NE

Pleasant Hills

105 Varnum St., NE

1-877- 272-5333

1BR Starting at \$795

ALL UTILITIES INCLUDED!!!

\*GREAT LOCATION!!!!!!

\*Near Catholic University and Howard University

\*Off North Capitol Street; Near to Carroll High School

\*Close to Metro (Red Line)

\*Laundry Facilities in Building

\*Cable Ready

\*A/C

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www.wcsmith.com

NE- Section 8 with voucher, 2BR, partial utilities. W/D. \$850.

Call Paul 301-379-0586

NE Woodridge -Large Sun Lit Eff 1BR & 2BR

Available NOW! Close to multiple bus lines and Rhode Island Ave Metro and Downtown DC Starting at \$700 and up.

Call 202-244-3811 or Visit WWW.UIPPM.COM

## RENTALS

## RENTALS

## RIVERDALE

1, 2, &amp; 3 BR Apts Huge 2 BR Townhomes

## Parkview Gardens

888-251-1872

6400 Riverdale Road • Riverdale, MD 20737

## GATED COMMUNITY

Furnished Apartments\*\*

- Fitness Center on Property
- Washer/Dryer\*\*
- Beautiful Kitchens-Granite Countertops\*\*
- Outdoor & Indoor Pools
- Free 6 week summer camp

**FREE CABLE & INTERNET**  
**1 BRs ONLY\***  
**1-BRs from \$895**  
*\*Subject to change. Call for details.*

## Riverdale Village

800-767-2189

5409 Riverdale Road • Riverdale, MD 20781

- Roomy, Modern Apts
- Private Balconies/Patios
- Free 6 week summer camp
- Cathedral ceiling
- \*select units
- 1, 2, & 3 BR AVAILABLE
- HUGE 2 BR TOWNHOMES

**Call Now For Our FANTASTIC SPECIALS**

## LANDOVER

## Kings Square Apartments

877-898-6958

3402 Dodge Park Road • Landover, MD 20785

- FREE UTILITIES
- Walk to Metro
- Walk to Elementary School
- Daycare on Premises
- Free 6 week summer camp
- Security Deposit payment plan (call for details)

**Call Now For Our FANTASTIC SPECIAL**

## HYATTSVILLE

## Fleetwood Village Apts

866-315-8849

721 Chillum Road • Hyattsville, MD 20783

- FREE WATER, GAS HEATING & COOKING
- Right on DC and Maryland line
- Close to Fort Totten & West Hyattsville Metro
- FREE APPLICATION FEE
- Free 6 wk summer camp
- Convenient to shops, schools and I-495

**Call Now For Our FANTASTIC SPECIAL**

**Come Visit us Mon.-Fri. 8-5, Sat. 10-4, Sun. 12-4**  
**CALL FOR FANTASTIC SPECIALS!**



## RENTALS

## RENTALS

## Welcome Home

## Rollingwood Apts

888-700-5456

2535 Ross. Rd.

Silver Spring, MD 20910

Rollingwood-Apts.com

- Renovated Apt. Homes Available
- Minutes to Bethesda & downtown Silver Spring • Minutes to Metro

## Colesville Towers

888-784-5648

8811 Colesville Rd.

Silver Spring, MD 20910

ColesvilleTowers.com

- All Utilities Included
- Blocks from Silver Spring Metro
- Metrobus and RideOn bus at doorstep

## Parkside East

888-702-1254

710 Roeder Rd.

Silver Spring, MD 20910

ParksideEastApartments.com

**2 Brs from \$1400's**

- All Utilities Included
- Private Parking Garage
- Blocks to Silver Spring Metro

REALTYAPTS.COM



NE

EHO

**AZEEZE BATES**  
 (Part of the Pentacle Group)  
**1 BRs from \$760**  
**2 BRs from \$850**  
Completely renovated community

- Metro bus stops right at the community
- Across the street from shopping
- Resident controlled access
- close to Eastern Market
- off street parking
- income restrictions apply
- Housing Vouchers Welcome

888-656-2544

1507 Benning Rd., NE  
Washington DC 20002  
www.horningbrothers.com

Nice—\$1700, 3 br, 2 ba, 1510 Forest Park Drive, Forestville, MD, garbage, 202-422-6822

NE

**Ames Street Apts.**  
 3533 Ames St. NE Wash, DC 20019

All 1 Bedrooms only \$725/month!

Renovated 1 bedroom apts!  
 Near Minn Ave Metro Station  
 On Site Laundry Facilities  
 24 Hour Emergency Maintenance

Showing apts. 7 days a week!  
 Call Dominique @ 301-803-0938  
 for an appt. TODAY!

NW - 1BR \$925 incl util. Laundry on-site.  
 Ms. Mitchell 301-316-4590

NW-Adams Morgan

**The Norwood**  
 1868 Columbia Rd  
 202-265-5600

1BR From \$1650

ALL UTILITIES INCLUDED

- \*In Kalamora
- \*Hardwood Floors
- \*Walk in Closets
- \*24 Hr Maintenance
- \*On-site laundry facilities
- \*Roof Deck
- \*Limited off-street parking
- \*Walk to dining, shopping and Metro

William C. Smith + CO/EHO  
 www.wcsmith.com  
 Rentnow@wcsmith.com

NW-Columbia Heights

**Meridian Park**  
 2445 15th St., NW  
 202-232-1471

EFF: \$995  
 1BR W/Park View: \$925  
 Plus Cooking Gas & Electric

**FREE 32" Flat Screen TV!!!\***  
**Ask About Our Leasing Options**

- Renovated Building & Units
- Hardwood Floors
- Elevator Building
- On-site Laundry
- Adjacent to Meridian Hill Park

William C. Smith + CO/EHO  
 www.wcsmith.com  
 Rentnow@wcsmith.com  
 \*Must move in by 12/15/09

NW-Columbia Heights

**Twin Oaks**  
 3802 14th St., NW  
 1-866-365-6206

EFF Starting \$899  
 1BR W/ Balcony \$1225

**\$300 Off First Month's Rent!!!!\***

**Ask About Our Leasing Options!!!**

ALL UTILITIES INCLUDED!!!!

- \*Hardwood Floors
- \*Updated Units
- \*Close to Two Metro Stops
- \*Near Tivoli shopping area

William C. Smith + Co./EHO  
 www.wcsmith.com  
 \*Must move in by 12/15/09

NORTHEAST

## PURE PLEASURE!

## Fort Chaplin Park

4212 East Capital St. NE

One Block from Metro - Free Off-Street Parking  
 Window Treatments - Landscaped Courtyards  
 One & Two Bedroom Apartment Homes  
 Three Bedroom Townhomes

5% Disc. Metro &amp; DC Govt Employees

877.269.4216

M-F 9-5. Sat 11-3

Housing Choice Vouchers Welcome where Rents  
 are Within Voucher Limits

NW-Adams Morgan

**Chatham Courts**  
 1707 Columbia Rd., NW  
 (877) 895-4691

1BR From \$1545

- \*Beautiful Brick Building
- \*Spacious Apartments
- \*Elevator Building
- \*Hardwood Floors
- \*On-site Laundry
- \*Walk-in Closets
- \*Walk to Shops, Dining & Metro

William C. Smith + Co./EHO  
 www.wcsmith.com  
 Rentnow@wcsmith.com

NW-Adams Morgan

**Calverton**  
 1673 Columbia Rd.  
 (866) 825-1379

1BR From \$1495

- \*Large units in the heart of Adams Morgan
- \* Walk to Shopping and Dining
- \* On Site laundry facilities
- \* Elevator Buildings

William C. Smith + Co./EHO  
 www.wcsmith.com

NW-Adams Morgan

**Parkside**  
 1702 Summit Pl., NW  
 202-408-3202

1BR: \$1355

- \*Hardwood Floors
- \*Brushed Nickel Lighting Fixtures
- \*Frost Free Refrigerator
- \*Gas Range
- \*Elevator
- \*Laundry Facilities

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 www.wcsmith.com  
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NW Brightwood - Eff 1BR & 2BR Apts. Available NOW! Close to multiple bus lines, downtown DC, Downtown Silver Spring Located on quiet tree lined street starting at \$700 and up  
 Call 202-244-3811 for our Dec Specials or Visit WWW.UIPPM.COM

NW-Dupont Circle/U Street

**Hampton Courts**  
 2013 New Hampshire Ave., NW  
 (877) 895-4694

Studio \$ 965  
 1BR From \$1375

All Utilities Included

- \*Beautiful brick building
- \*Elevator Building
- \*Hardwood Floors
- \*On-site Laundry
- \*24 Hour Maintenance
- \*Walk in closets
- \*Walk to U Street Metro & Shops

William C. Smith + CO/EHO  
 www.wcsmith.com  
 Rentnow@wcsmith.com

NW-Dupont Circle/U Street

**Wakefield Hall**  
 2101 New Hampshire Ave., NW  
 (866) 825-1270

1BR From \$1295

All Utilities Included

- \*Beautiful brick building
- \*Spacious Apartments
- \*Elevator Building
- \*Hardwood Floors
- \*24 Hour Maintenance
- \*On-site Laundry
- \*Walk to U St. Metro & Shops

William C. Smith + CO/EHO  
 www.wcsmith.com  
 Rentnow@wcsmith.com

NW-Mt. Pleasant

**3151 Mount Pleasant St.**  
 202-390-2601

EFF: \$965  
 All Utilities Included

- \*On-site Laundry
- \* Walk to Shops and Metro
- \*Hardwood Floors

William C. Smith + CO/EHO  
 www.wcsmith.com  
 Rentnow@wcsmith.com

NW

**The Klinge**  
 2755 Maccomb St., NW  
 202-250-6933

1BR: \$1450

- \*All Utilities Included!!!!
- \*In Cleveland Park
- \*Beautiful Brick Building
- \*Spacious Apartment
- \*Walking Distance to Metro, Shopping and Dining

William C. Smith + CO./EHO  
 Rentnow@wcsmith.com

NW/Walter Reed

**1401 Sheridan St**  
 1-877-890-2229

EFF: \$795

Beautiful Brick Building  
 Landscaped Grounds  
 Newly Renovated Kitchens  
 Laundry Facilities in Building  
 Cable Ready  
 On Metrobus Line

Professionally Managed By  
 William C. Smith + CO./EHO  
 www.wcsmith.com

Oxon Hill—\$1200, 50% OFF, 2br, 1ba, AC, util, metro, pool, 202-257-2725

**1/2 OFF**  
**1ST MONTH'S RENT!\***  
**PARKWAY TERRACE APTS**  
**1 & 2 BRs fr \$770**

- Walk to Metro/Tennis Courts
- W/W Carpet or Hardwood avail
- Keyed entry ways
- Parklike setting w/picnic tables and bbq grills
- **\$20 APPLICATION FEE\***
- MAXIMUM INCOME LIMITS APPLY
- 301-735-5200
- 3415 Parkway Terrace Drive Suitland, Md. 20748
- Mon-Fri 9-5. Sat. 10-4
- Managed by the E&G Group
- \*must move in by 11/15/09

PRINCE WILLIAM COUNTY: Rent to own, several properties available. 3BR, 2BA, \$1350 & up. All credit reviewed. Call 877-797-3721

SE- 3122 BEAUNA VISTA TERR- Newly renovated 3 BR Apt. Central air & heat, Washer dryer, dish washer, w/w carpet, section 8 ok \$1800/mo CALL Jerome 202-321-5596

SE- Brand New beautiful 1br & 2br homes starting at \$1000 Private parking, W/D in selected units, Central air, stainless appliances, Dishwasher and so much more. Call 202-559-7434 or Visit WWW.UIPPM.COM



RENTALS

Randall Highlands

Hillside Terrace

1812 23rd St.,SE

1-866-646-7056

OPEN HOUSE Thursday 11/19,

4PM-7PM

Zero Application Fee!

\$300 Off 1st Month's Rent!

1BR From \$795

\*Beautiful Apartment Community

\*Renovated Kitchens and Baths

\*Ample Closet Space

\*Close to Shopping

\*On & Off Street Parking Available

William C. Smith + Co./EHO

www.wcsmith.com

Riverdale

EHO

Big Savings on Large Apartments

1 BRs \$850, 2 BRs \$999

■ FREE gas cooking & hot water

■ New kitchens

■ Large closets

■ Minutes to I-495, B/W Parkway & New Carrollton Metro

Auburn Manor

888-332-6003

6821 Riverdale Rd

Income Restrictions apply ask for details

\*on select apts for qualified applicants

RIVERDALE

East Pines Terrace

RIVERDALE

\$99 MOVE IN

✱ Spacious Studios

✱ 1 BR & 2 BRs

✱ Walk-in Closet

✱ Balconies

✱ Laundry Room

Free Gas - Near Metro

Delwin Realty

301-577-7917

6747 Riverdale Rd. Riverdale, MD 20737

Rockville—Large, 2 br 2 ba Condo in King Farm, Secure bldg, Attached gar, WD, Many upgrades, no smokers please, \$1999, 301-526-3374

RENTALS

DELWIN APARTMENTS

4200 S. Capitol Street, Washington, DC 20032

\$99

Move-In Special

866.918.7544

• 1 & 2 Bedrooms Available

• Starting From \$775

• Water, gas and sewage included!

• Metro-Bus Stop on the property

• Close to 295, 495 & The National Harbor

Rockville

Rocklin Park

708 Lenmore Ave.

Rockville, MD 20852

301-294-9448

1 BR \$995

2 BR from \$1050

• Great Location

• Remodeled Kitchen

• Wall-to-wall Carpet

• Walk to Metro

• On Metro bus route

• Convenient to Shopping and Dining

William C Smith & Co./EHO

www.wcsmith.com

Rosecroft Mews Apartments

2428 Corning Ave

Ft Washington, Md 20744

1-866-652-4957

Recession Special

Must Move in by Nov. 20th

\$699.00 One Bdrm

\$759.00 One Bdrm + Den

\$799.00 Two Bdrm

\$859.00 Two Bdrm + Den

Newly Renovated Apartment Homes

Spacious Apts,Wall to Wall Cpt, Washer, Dryer, Dishwasher,Fitness Center+more

Hours Mon-Fri 8:30-5:30 Sat 10-5

Must Move in by Nov. 20th

SE- 1-2BR on Green Line. Quiet, carpet, secure. Voucher approved- Utilities included Please call 703-912-4885 leave message

SE Apartments- Sun lit Eff and 1br Available NOW! Starting at \$750 and up Close to Pennsylvania and Minnesota, multiple bus lines and Metro. Call 202-244-3811 or Visit WWW.UIPPM.COM

SE

Cedar Heights

1510 Butler St.,SE

(866) 765-3761

Move In Nov. or Dec.

1 Month Free Rent!

2BR Starting From \$865

3BR Starting From \$980

• Newly Renovated

• Spacious Floor Plans & Closet Space

• Laundry Facilities

• Controlled Access

William C. Smith + CO./EHO

www.cedar-heights.com

S.E. DANBURY ST. - Attractive 1BR \$695. 1st month rent free. Good Credit Required. Metro Bus at Corner. Call 202-563-1791

RENTALS

GREENWOOD MANOR APTS.

2343 Green Street SE • Washington, DC 20020

1/2 OFF

Security Deposit

866.918.7543

• 1 & 2 Bedrooms Available

• Starting From \$700

• Private Parking Lot

• Spacious Floorplans with Hardwood Floors

• 5 Minutes to the Green Line Metro

SE

TWO BEDROOMS

FREE

Application Fee • Deposit

No rent for December\*

\*Must sign Lease by 12/15/09

\* New Qualified Applicants Only

Friendship Court Apartments

888-264-4495

Professionally Managed By

CIH Properties, Inc.



SE -- 1 BR, 1 BR with den, 2BR \$715 & up+ elec. No Pets. Call 202-265-4814, 202-629-2606.Fred A. Smith Co.

SE

Cascade Park Apts.

4236 4th Street, S.E.

32 inch flat screen television

give away

on an approved move in!!

2 Bedrooms Only!!

Spacious 2,3 & 4 BRS. available

Immediate availability

Convenient to shopping, Green Line

Metro, On-Site Laundry

Section 8 Welcome Call Now!

202-562-1600 301-803-0938

www.novodev.com

SE

EHO

WINDHAM CREEK APARTMENTS

\*1 BDRM EXTRAVAGANZA

ONLY \$890\*

ENJOY THE COMFORTS OF:

PLUSH CHAMPAIGN COLORED CARPET

FULLY EQUIPPED EAT IN KITCHEN

ENORMOUS WALK IN CLOSETS

GATED COMMUNITY

LAUNDRY FACILITIES

PLAYGROUND

Windham Creek has everything you have been searching for...Call NOW!

(301) 568-6400

SE

EHO

Save

More Than \$1000\*

2BR w/2 baths-\$1089

\* Washer/dryer in apt

\* Large floor plans

\* Individual alarm system

\* Minutes to Metro bus & rail

Royal Courts

866-208-9686

3719 4th St, SE Wash, DC

Income restrictions apply

\*on select apts

SE

EHO

HOLIDAY SPECIAL!

Hurry In! Garden Style Apts!

Free Gas and Hot Water

Close to Metro, schools & and shopping!

CALL FOR 2 BEDROOM SPECIALS!

• Great location in a park-like setting

• Laundry facility on property

• Intercom access to every bldg.

Banneker Place Apts.



(202) 584-1688

• Professionally Managed by CIH Properties

SE

2801 Pennsylvania Ave., SE

3101 Pennsylvania Ave., SE

1BR \$795

202-581-3692

• Beautiful Hardwood Floors

• 24-hr maintenance

• Metro Accessible

• Short Distance to Capitol Hill

• Accessible to Downtown DC & Outlying Areas

William C. Smith + Co./EHO

www.wcsmith.com

SE

Be The Star Of Our Open House!!!

Ridgecrest Village Apartments"

2000 Ridgecrest Ct., SE

Washington, DC 20020

(866) 505-8057

Saturday Nov 21st

10am-3pm

Move In Specials!!!

Food..Prizes..Fun!!!

2 & 3 Bedrooms Starting At

\$1050

All Utilities Included!!

• Newly Renovated Apartment Homes

• Large floorplans

• Spacious closets

• Choice of Wall to wall carpet or Hardwood Floors

• Laundry on-site

• Off-street parking

• Free Shuttle Bus to Metro

• Convenient to shops at Park Village & Brand New Library

• THEARC Just Blocks Away

William C. Smith + Co./EHO

www.wcsmith.com

SE

New Horizon

2607 Naylor Rd.,SE

1-866-494-0238

1BR: \$745

• Beautiful Apartment Community

• All New Kitchens and Baths

• Ample Closet Space

• Close to Shopping

• Off Street Parking Available

William C.Smith + CO/EHO

www.wcsmith.com

SE- NO SECURITY DEPOSIT 1BR, 2BR, 3BR. 3719 2nd St. 2BR, 3630 Brothers Pl. SE. W/W, Lndy, 202-388-3900 X10

SE

Richman Apartments

3420 11th Pl.,SE

202-248-3229

1BR \$745

2BR \$835

3BR \$875

The Heat & Utilities Are On US!!!!

\*Hardwood Floors

\*Off Street Parking

\*Laundry facilities on-site

\*Walk to Alabama Ave Metro

William C. Smith + Co./EHO

www.wcsmith.com

SE

EHO

DON'T MISS OUT!!!

Come and see what the excitement is all about!

River Hill Apartments

\* \$500.00 Off 1st months rent on 1 BRs!

\* No application fee!

• Completely Renovated

• Large rooms w/wall to wall carpet

• Pools & Playground

• Laundry Rooms

\*Call Immediately!

(202) 562-5060

Near Bolling AFB

Professionally managed by CIH Properties, Inc.

SE

Fall Into Our Move-In Specials

4th Street & Mississippi Ave

3200 E St.

1800 Minnesota Ave

3221 Wheeler Rd

1BR's from \$740

2BR's from \$925

FIRST MONTH FREE

some restrictions may apply

NO APPL. FEE

(202) 574-2200

SE

Halley House

3730 M. L. King Ave., SE

202-561-5763

1 BR starting @ \$715

2 BR starting @ \$825

\*Upgraded Kitchens & Lighting

\*Spacious Floor Plans

\*Hardwood Floors

\*Walk-in Closets

\*Walk to Metro

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SE/The New Anacostia

Spacious, Well Designed

Effcy, 1 and 2 Bedroom Apts.

UTILITIES INCLUDED

the best view

IN THE CITY!

MARBURY PLAZA

Minutes from VA, Downtown DC, 395 & Metro

24-Hour Maintenance Service

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888-798-1916

(call for specials)

www.beaconmanagement.com

SE

Washington View

2629 Douglas Rd.,SE

1-877-801-4266

1 Month Free Rent!

2BR & 3BR Special

\*Spacious Floorplans

\*Individually Controlled Heat & A/C

\*Balconies & Patios

\*Controlled Access

\*Sparkling Swimming Pool

\* Fabulous Views of the City

Ask about our extended hours

William C. Smith + CO./EHO

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## RENTALS

SE **Southern Ridge Apartments** EHO  
1 & 2 Bedrooms available

- Minimum and Maximum income requirements set

Call Monday-Friday,  
9am-5pm for details  
**(202)562-3200**

SE/NE—1/2bds condos VOCUHER HOUSING newly  
renov, wash/dry \$1100-\$1300 202-669-8473

SE/NR Minn 2BR AC, gas heat, good credit  
required, section 8 ok. **202-546-0704**

SE **Shipley Park Apartments**  
2523 Savannah St., SE  
Washington, DC 20020  
**1-888-286-7195**

**2BR Starting at \$875**

**Bring Your \$100 Holding Fee to  
Reserve Your New Apartment  
Home!!!**

- Newly Renovated Apartment Homes
- Hardwood Floors
- Oaks Kitchen Cabinets with Breakfast Bar
- Microwave, Dishwasher, Garbage Disposal
- Controlled Access
- Central Heat & A/C
- Laundry Facilities
- FREE Shuttle Bus
- Near THEARC

William C. Smith + Co./EHO  
[www.wcsmith.com](http://www.wcsmith.com)

SE/SW **The Colonnade**  
4501 South Capitol St., SW  
**1-888-865-0763**

**1BR Special Starting at \$725**

**The Heat and Utilities are on us!!!**

- \*Controlled entry
- \*Near shopping, hospital & schools
- \*On Metro Bus Route
- \*Walk-in closets
- \*Laundry facilities on-site
- \*24HR Emergency maintenance
- \*Adjacent to 295, 395 & the Capital Beltway

William C. Smith + Co./EHO  
[www.wcsmith.com](http://www.wcsmith.com)

SE **Woodberry Village**  
2224 Savannah Terrace SE  
**(866)799-0541**

**1BRS From \$685 plus electric**

- AC wall units
- Hardwood Floors & Wall-to-Wall carpet
- Close to THEARCH
- Beautifully landscaped community
- Convenient to shopping
- Free Metro shuttle
- On-site laundry facilities

William C. Smith + Co./EHO  
[www.wcsmith.com](http://www.wcsmith.com)

**Silver Spring Foreclosure!**  
3BR, 2BA. Only \$208/mo! (5% down, 15yrs @8%)  
For Listings 800-585-3617 x1543

Takoma Park- Effic and 1BRs available, hardwood  
floors, laundry facilities from \$650 to set up an  
appointment please call  
**301-937-0100 Mon-Fri 9-4pm**

SE **Wilmington Place**  
106 Wilmington Pl., SE  
**(877) 649-7731**

**1BR Special Starting @ \$710**  
**2BR Special Starting @ \$810**

- \* Updated Kitchens and Lighting
- \* Spacious Floor Plan
- \* Hardwood Floors
- \* Walk-in Closets
- \* Walk to Metro

William C. Smith + Co./EHO  
[www.wcsmith.com](http://www.wcsmith.com)

SOUTHWEST  
**ONE MONTH FREE RENT**  
**EFFICIENCY**  
**1 AND 2 BEDROOM APTS**  
**AVAILABLE NOW!**

W/W carpet, Central Air/Heat, Dishwasher,  
Laundry facility, Free Parking  
*A Perfect location on Metro*

### Eagle's Crossing

116 Irvington Street SW,  
Washington DC 20032

**(866) 416-1325**

M-F 9-5, Sat/Sun 10-4  
Housing Choice Vouchers Welcome

Southeast  
**Meadowbrook Run**  
3647 6th St., SE  
**(877) 819-3121**

**Move In November or December**  
**1 Month Free!**  
**1BRS Starting at \$699**  
**2BRS Starting at \$820**

- Newly Renovated Property with Large Floor Plans
- Free After-School Learning Program
- Resident Control Access
- Large, Walk-In Closets
- Convenient to Congress Heights Metro
- Some Units Include Heat
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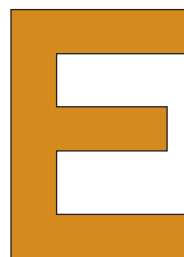
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## Art Imitates Reality TV

**'I Dreamed a Dream' proves that Susan Boyle is more than a one-hit wonder**

CD REVIEW | Fame has been more than fickle for Susan Boyle.

The 48-year-old Scot shot to international stardom with her angelic take on "I Dreamed a Dream" from "Les Miserables," a performance so breathtaking that it melted steely televised singing show judge du jour Simon Cowell into a quivering puddle of pudding on "Britain's Got Talent."

The plain-dressed, slightly unkempt Boyle instantly became the hidden-talent poster person, a book we as a society learned not to judge by its cover. She was beloved.

Then, of course, came the inevitable backlash. The pressure, coupled with her second-place finish on "Britain's Got Talent," led Boyle to an emotional breakdown, she told Scotland's Daily Record.

Now, months later, Boyle's star is far from faded: Her first album — appropriately dubbed "I Dreamed a Dream" — has broken the all-time global pre-order record on Amazon.com. And fans of her reality show work will be very satisfied customers.

"I Dreamed a Dream" is an album in the vein of Barbra Streisand, Eva Cassidy and Bette Midler — and on it, Boyle proves that her voice is powerful and malleable enough to place her in the



Susan Boyle doesn't dance like Davy Jones, but her take on the Monkees' "Daydream Believer" is wistful and melodic.

company of those talents.

Album opener "Wild Horses," a crystalline take on the Rolling Stones' grungy original, shows that Boyle means business. But almost as dazzling as Boyle's mountain-stream vocal clarity is her voice's adaptability, showcased by songs likely chosen to boast her range.

Boyle matches Madonna note for earnest note in a rendering of the Spanish-tinged "You'll See." She powers through a smoky, jazzy version of "Cry Me a River," a song that Ella Fitzgerald made famous.

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→ Listen to "Wild Horses" and check out the video that started it all: Boyle's "Britain's Got Talent" debut.

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Even Skeeter Davis's country-esque '60s gem "The End of the World" comes out fresher with a little bit of the Boyle treatment. And a blissfully subdued take on gospel standard "How Great Thou Art" might be one of the disc's most dazzling jewels.

The album's least steady steps come in a few predictable song selections: "Amazing Grace" and "Silent Night" leave little room for interpretation. They're beautifully rendered but a bit boring.

Boyle certainly isn't blazing any new musical trails, but her voice is the unquestionable star on this album. And for the many thousands who are waiting anxiously by their mailboxes for an Amazon.com shipment, Boyle's "Dream" will certainly deliver.

GREG BARBER (EXPRESS)



These sweaters can be yours, and without ever leaving your couch!

## Shop Till You Drop A Remote

**This year, TV retailer QVC gets in on the Black Friday action**

GIFTS | Television retailer QVC has made aggressive plans to keep shoppers watching — instead of mall-hopping — on Black Friday, an event it has traditionally ignored.

The leading network for TV shoppers promises special deals and new items for sale starting on Thanksgiving night.

The day after Thanksgiving is traditionally the biggest shopping day of the year, called Black Friday. QVC, which competes with ShopNBC and the HSN home shopping network, has not wanted to get caught up in the frenzy and has always treated it as just another day, said Doug Rose, the network's vice president of programming and marketing.

"This year — and we've been planning on this for many months — we really expect to join the fray with the other retailers," Rose said.

DAVID BAUDER (AP)

**SERIES The Traveling Chef** TLC is expanding its culinary-themed programming with a new series starring master chef Art Smith — who recently opened D.C. restaurant Art and Soul. He will host "Craving Comfort," on which he'll travel the country exploring variations of simple, popular dishes — from fried chicken to apple pie. "Craving Comfort" celebrates the great personal stories behind America's classic comfort foods," said Nancy Daniels, senior VP of production at TLC. (THE HOLLYWOOD REPORTER)





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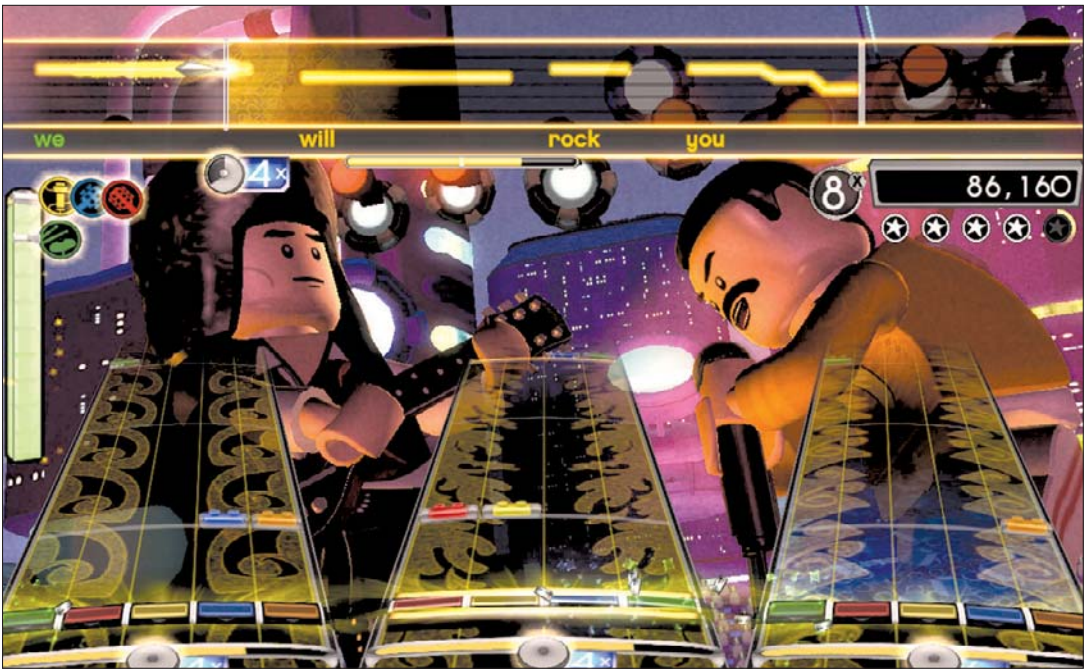
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**FUN, MULTIPLIED:** Two of the world's great inventions, "Rock Band" and Legos, join forces for an epic level of entertainment.

# Lego My Game

**'Rock Band' gets a nostalgic twist that makes it accessible to younger players**

**VIDEO GAME** | As the Lego gaming juggernaut marches on, it's no surprise the franchise would want to expand beyond its current staple of action/platform titles like "Lego Indiana Jones 2" and "Lego Batman." While merging with the other current king of the casual gaming mountain, "Rock Band," may not seem like the most obvious direction to go, that is exactly what we get with the release of "Lego Rock Band" (MTV Games/Warner Bros. Interactive).

Developed by veteran Lego go-to Traveller's Tales with input from Rock Band developer Harmonix, "Lego Rock Band" doesn't stray from the formula set down

by the original "Rock Band." In fact, the only real changes to the core game play are the addition of a "Super Easy" mode, and the "Lego Recovery" option, which allows you to keep going after you fail by successfully hitting

**Players will occasionally meet up with Lego versions of Queen, Iggy Pop and David Bowie.**

a series of notes. Both of these were designed to give the younger (or inexperienced) gamers more opportunities to keep playing.

The family-friendly mentality is also in mind when it comes to the track selection, which — as

it's trying to appeal to everyone in the family — seems a bit scattered. With tracks such as "Accidentally in Love" by the Counting Crows (from "Shrek"), chances are you will find something the kids will play, and "Ghostbusters" is a fantastic piece of nostalgia for the adults. Many of the songs also feature shorter versions for the attention span-challenged. Finally, players will occasionally meet up with Lego versions of Queen, Iggy Pop and David Bowie.

Other additions, such as the "Rock Challenges," in which players demolish buildings or battle a giant octopus with the "Power of Rock" wind up being minor additions in a game that is essentially "Rock Band 2" with a Lego veneer, essentially making it a 45-song expansion pack for \$50. MICAH PEARSON (EXPRESS)



**RENEWALS It's Canceled. Psych!** USA Network has renewed the crime comedy "Psych" for a fifth season with a 16-episode order. "Psych," starring James Roday as a fake psychic and Dule Hill as his best friend and partner in their police consulting business, was a breakout hit for the network when it launched in July 2006 as the highest-rated USA series debut. (THE HOLLYWOOD REPORTER)



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WARNER BROS.

A blonde Sandra Bullock stars as a feisty adoptive mother in "The Blind Side."

## Now Playing

**AMELIA** (PG, 111 minutes) As the film opens, with Amelia Earhart (Hilary Swank) about to set off on what was to be her last global adventure, who can't see how it's all going to end? Not that there isn't loads of inherent drama in this life story. The proto-feminist flier had to overcome enormous sexism just to be taken seriously in the cockpit. Would that the film had taken as many risks as Earhart. (M) **THE BLIND SIDE** (PG-13, 126 minutes) There's been something off-putting about the ad campaign for "The Blind Side," a drama about a white woman who adopts a black high school student. It turns out that "The Blind Side" is much better than its ads, largely because it's based on the true story of Michael Oher and Leigh Anne Tuohy. Sandra Bullock, making a comic-dramatic play for "Erin Brockovich" territory, is perfectly suited to play the tart, no-nonsense Leigh Anne, who, when she sees Oher (Quinton Aaron) walking alone on a cold, rainy Memphis night, spontaneously invites him to stay with her family. (A) **A CHRISTMAS CAROL** (PG, 96 minutes) The umpteenth iteration of the holiday classic gets a manic makeover under the direction of Robert Zemeckis, who applies the same motion-capture animation he used to mixed effect in "The Polar Express" to create a fable that is by turns antic, scary, sweet and, in the end, slightly soulless. Just because something can be done with computers doesn't mean it should be. (M) **THE FOURTH KIND** (PG-13, 98 minutes)

Someone — or something — has been terrorizing the people of Nome, Alaska, in this unintentionally silly thriller about alien abduction whose title is the only thing it has over the classic "Close Encounters of the Third Kind." The biggest problem with the movie: Nothing ever really happens. We never actually see the aliens. Nor do we ever see what exactly they do to their victims. (M)

**GOOD HAIR** (PG-13, 95 minutes) "Daddy, how come I don't have good hair?" It might be the most loaded and universal question within the black community. And it's the question — asked by his then-5-year-old daughter — that propels comedian Chris Rock throughout a hilariously funny documentary. Rock did not have an answer for his daughter, so he embarked on a madcap tour through beauty and barber shops, the

Bronner Bros. Hair Show and finally India, where the most coveted source material for hair extensions is grown. (A)

**THE INFORMANT!** (R, 108 minutes) Steven Soderbergh delivers a cool, slyly funny psychological caper in which the true-life tale of a corporate whistleblower is extruded through Soderbergh's dry sense of satire and nostalgia for 1970s cinema style into a nifty, if a bit blood-

less, bagatelle. A virtually unrecognizable Matt Damon plays Mark Whitacre, who in the 1990s exposed price fixing at Archer Daniels Midland, where he worked as a high-level executive. (A)

**LAW ABIDING CITIZEN** (R, 108 minutes) This preposterous exercise in high-minded brutality begins with a brutal rape and double murder by baseball-bat wielding thugs.

*Continued on page 43*

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ROGER EBERT, *Chicago Sun-Times*

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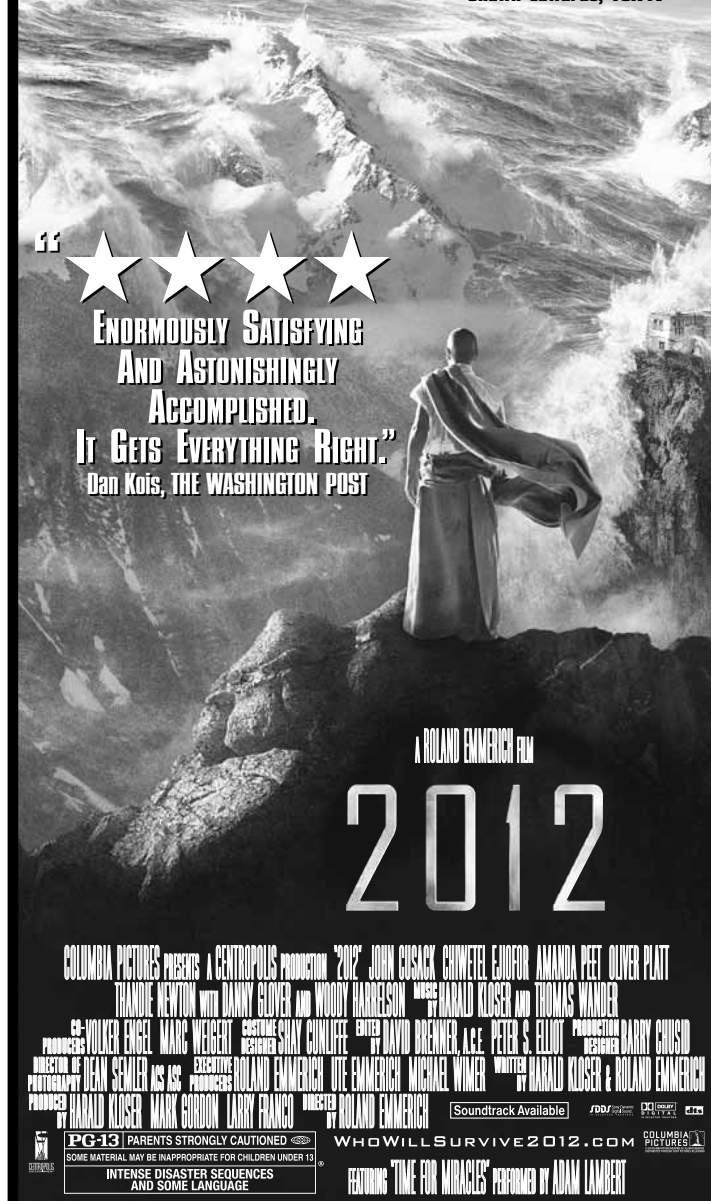
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Shawn Edwards, FOX-TV



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Dan Kois, THE WASHINGTON POST



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entertainment **lookout**▶ **NowPlaying***Continued from page 41*

Ten years later, Clyde Shelton (Gerard Butler), the man whose wife and daughter were slain, exacts revenge on the paroled killer, his accomplice and every government official in Philadelphia. (DK)

**THE MEN WHO STARE AT GOATS** (R, 95 minutes) You'd have to be out of your mind to object to watching George Clooney — in full Clark Gable mode, no less — for an hour and a half. But he's part of the problem with this wartime satire that glides along with an easy, slightly gonzo grin on its face but never quite goes anywhere. Clooney is admittedly appealing but oddly miscast as Lyn Cassady, a former soldier who was recruited to a top-secret psy-ops outfit trying to harness supernatural powers. Ewan McGregor plays a journalist who embeds with Cassady, a psychic master now working as a private contractor, on an Iraq war mission. (AH)

**THE MESSENGER** (R, 105 minutes) In modern warfare, which is more powerful: the IED or the NOK? That's the question posed by this drama about a young army officer assigned to deliver death notices to soldiers' next of kin ("NOKs" in military parlance) while home recovering from injuries — both physical and psychological — that he suffered because of an Iraqi improvised explosive device. (MO)

**PARANORMAL ACTIVITY** (R, 99 minutes) This genuinely chilling, low-budget indie tells the story of a demonic force plaguing a young woman and, by extension, her boyfriend within the claustrophobic walls of their sparsely furnished San Diego home. "You can't run from this," a psychic helpfully tells Katie (Katie Featherston). Micah (Micah Sloat) responds by setting up a video camera to document exactly what happens each night when they tuck into their comfy, king-sized bed. **JEN CHANEY**

**PIRATE RADIO** (R, 120 minutes) In mid-1960s England, official British radio was under the monopoly of the BBC, which played precious little of anything anyone actually wanted to hear. In response, enterprising broadcasters set up offshore radio stations that would spin the latest tunes around the clock. Dubbed Radio Rock, the floating station's on-air talent pool includes headliner Gavin (Rhys Ifans), a prototypic Howard Stern, and a lineup of colorfully nicknamed characters, including the Count (Philip Seymour Hoffman), the station's

lone American, who lives to see how many F-bombs he can get on the air. (MO)

**PRECIOUS** (R, 109 minutes) Gabourey Sidibe inhabits the title character, Precious Jones, a morbidly obese 16-year-old who lives with her toxically abusive mother, Mary (Mo'Nique), in 1980s Harlem. As the movie opens, Precious learns that she's pregnant with her second child; she is also encouraged to join an alternative educa-

tion program, where she eventually finds love, acceptance and her own voice in a writing class run by the indefatigable Ms. Rain (the radiant Paula Patton). (AH)

**A SERIOUS MAN** (R, 105 minutes) Joel and Ethan Coen return to the Minneapolis suburb of their childhood when physics professor Larry Gopnik (Michael Stuhlbarg) discovers that his comfortable life is quickly dissolving around him.

As a darkly funny, affectionate homage to their Jewish roots, the film counts as one of the Coens' best, deserving a place alongside " Fargo " (still their masterpiece) in its lack of snark. (AH)

**THIS IS IT** (PG, 111 minutes) This new Michael Jackson concert film has been billed as a rare glimpse into the creative psyche that defined pop music's shape and trajectory. But this isn't a concert

film. It's a rehearsal film — and one that will leave Jackson's most zealous fans waiting for goose bumps that never arrive.

CHRIS RICHARDS

**2012** (PG-13, 158 minutes) Starting with the long-held misapprehension that the Mayan calendar picks 2012 as the date of humanity's doom, director Roland Emmerich fleshes out that bit of pseu-

*Continued on page 44*

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NowPlaying

Continued from page 13

do-history with some pseudoscience — some nonsense about solar flares, and neutrinos heating Earth's core — and throws hundreds of millions of dollars at it. (DK)

**THE TWILIGHT SAGA: NEW MOON** (PG-13, 130 minutes) To readers like the audience members at a recent screening who squealed the names “Edward!” (the vampire) or “Jacob!” (the werewolf) when asked to call out their favorite supernatural hunk, I say: This review is not for you. For everyone else then: “New Moon” continues the impossible love story between teenager Bella Swan (Kristen Stewart)

and Edward Cullen (Robert Pattinson), a vampire in the body of a preternaturally pale Ralph Lauren model who's almost 100 years her senior. Edward decides that the best thing for the woman he loves is to leave her. Enter Jacob Black (Taylor Lautner). Even with this love triangle, there's nothing terribly serious or heavy going on in “New Moon,” despite a lot of nonsense in the screenplay about souls

and damnation. (MO)  
**WHERE THE WILD THINGS ARE** (PG, 101 minutes) Director Spike Jonze's movie is one that manages to create its own reality and meaning, even while it brings Maurice Sendak's visual world to life with startling accuracy. Jonze populates Max's world with an indifferent older sister and a single mother (Catherine Keener), whose date ignites the tantrum. Max (Max Records)

runs away and develops a friendship with one of the wild things, Carol (James Gandolfini), whose explosive anger Max instinctively recognizes. (AH)

REVIEWS BY THE WASHINGTON POST'S ANN HORNADAY, DAN KOIS, MICHAEL O'SULLIVAN, DESSON THOMSON AND TERESA WILTZ. FOR MORE CAPSULES AND REVIEWS OF THESE AND OTHER FILMS, SEE WASHINGTONPOST.COM/ENTERTAINMENT

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## 1 A Play to Remember

"The Fantasticks" ran off-Broadway for 42 years, which is longer than many of you reading this have been alive. It's a simple story — boy meets girl, girl goes out to experience the world but decides she really loves boy and returns, to the great relief of all concerned. Arena Stage's production is set in an amusement park, which should add a new, cool-looking dimension to this chestnut. **F.Z.**  
**→ Lincoln Theatre, 1215 U St. NW; through Jan. 3, \$10-\$74; 202-488-3300, [TheLincolntheatre.org](http://TheLincolntheatre.org). (U St.-Cardozo)**

## 2 Poorly Thought-Out Title

Honestly, we didn't expect to see R. Kelly anywhere near the Daughters of the American Revolution, but tonight and tomorrow he'll be performing at Constitution Hall. We're keeping all our fingers and toes crossed for a live rendition of "Trapped in the Closet," his sweeping hip-hop opera — except the opera is so long that we'd be struck there till the *next* American revolution. **S.M.**  
**→ 1776 D St. NW, Tue. and Wed., 8 p.m., \$65-\$85; 202-638-2661, [Dar.org](http://Dar.org). (Farragut West)**

## 3 Folking Around

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**MICHAEL JACKSON: THIS IS IT (PG)** (400 PM) 710 PM

**THE BOX (PG-13)** (1240 PM)

**THE FOURTH KIND (PG-13)** (120 PM) 950 PM

**GERMANTOWN STADIUM 14**  
20000 Century Blvd 800-FANDANGO 455#

**THE TWILIGHT SAGA: NEW MOON (PG-13) ★**  
(1230 100 130 200 330 400 430 500) 630 700 730 800 930 1000 1030

**THE BLIND SIDE (PG-13)** (1245 145 345 445) 645 745 945 1045

**PLANET 51 (PG)** (150 420) 650 920

**PRECIOUS (R) - ID REQ'D** (1240 140 320 440) 640 740 915 1020

**2012 (PG-13) ★** (1215 120 450) 715 815

**OC & DA: 2012 (PG-13)** (340 PM) 1035 PM

**PIRATE RADIO (R) - ID REQ'D** (110 415) 710 1010

**THE FOURTH KIND (PG-13)** (245 530) 810 1040

**A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★** (115 410) 720 940

**UA SNOWDEN SQ STADIUM 14**  
9161 Commerce Ctr Dr 800-FANDANGO 570#

**THE BLIND SIDE (PG-13)** (125 420) 715 1035

**PLANET 51 (PG)** (1115 215 445) 720 940

**THE TWILIGHT SAGA: NEW MOON (PG-13) ★**  
(1100 1130 100 130 200 230 400 430 500 530) 700 730 800 830 1000 1030 1100

**PIRATE RADIO (R) - ID REQ'D** (105 345) 705 945

**2012 (PG-13) ★** (1145 1245 145 315 415 515) 645 745 845 1015

**OC: THE MEN WHO STARE AT GOATS (R) - ID REQ'D** (320 PM) 1045 PM

**MEN WHO STARE AT GOATS (R) - ID REQ'D** (1250 PM 535 PM) 805 PM

**A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★** (1150 220 450) 735 955

**MICHAEL JACKSON: THIS IS IT (PG)** (205 505) 750 1050

**ASTRO BOY (PG)** (1135 AM)

**LAW ABIDING CITIZEN (R) - ID REQ'D** (405 PM) 650 PM 1020 PM

**COUPLES RETREAT (PG-13)** (120 PM)

**MAJESTIC STADIUM 20**  
900 Ellsworth Dr Silver Spring, MD 240-393-4826

**TWILIGHT SAGA: NEW MOON - DP (PG-13) ★** (1145 245) 600 855 1125

**THE TWILIGHT SAGA: NEW MOON (PG-13) ★**  
(1100 100 130 200 400 430 500) 700 730 800 1000 1030 1100

**RW & DA: TWILIGHT SAGA: NEW MOON (PG-13) ★** (1230 330) 630 930

**THE BLIND SIDE (PG-13)** (1015 1115 115 220 415 520) 720 815 1015 1115

**PLANET 51 (PG)** (1130 145 410) 645 900

**PRECIOUS (R) - ID REQ'D** (1010 1110 1215 1245 205 310 345 450 550) 620 745 830 915 1040

**2012 (PG-13) ★** (1005 1050 1205 120 235 350 510) 615 710 840 945 1050

**MEN WHO STARE AT GOATS (R) - ID REQ'D** (1120 215 440) 715 940

**MICHAEL JACKSON: THIS IS IT (PG)** (1020 1255 335) 650 935

**THE FOURTH KIND (PG-13)** 805 PM 1025 PM

**A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★** (1040 110 340) 610 825

**BOONDOCK SAINTS 2 (R) - ID REQ'D** (1045 140 445) 750 1035

**MICHAEL JACKSON: THIS IS IT (PG)** (1200 230 505) 740 1010

**WHERE THE WILD THINGS ARE (PG)** (1240 PM 305 PM 540 PM)

**ROYALE STADIUM 14**  
6505 America Blvd Hyattsville, MD 301-864-3456

**RW & DA: TWILIGHT SAGA: NEW MOON (PG-13) ★** (130 430) 730 1030

**THE TWILIGHT SAGA: NEW MOON (PG-13) ★** (100 200 400 500) 700 810 1000

**THE BLIND SIDE (PG-13)** (125 425 455) 725 755 1025

**PRECIOUS (R) - ID REQ'D** (115 145 215 345 415 445) 645 715 745 945 1015

**2012 (PG-13) ★** (110 150 340 440 510) 710 800 830

**PLANET 51 (PG)** (155 410) 650 935

**A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★** (140 505) 735 1005

**LAW ABIDING CITIZEN (R) - ID REQ'D** (120 420) 720 1010

**MICHAEL JACKSON: THIS IS IT (PG)** (105 PM)

**BETHESDA 10**  
7777 Wisconsin Avenue 800-FANDANGO 659#

**THE BLIND SIDE (PG-13)** (145 445) 720 1015

**THE TWILIGHT SAGA: NEW MOON (PG-13) ★** (1200 100 140 300 400 440) 600 700 740 900 1000 1040

**PLANET 51 (PG)** (1140 200 420) 630 850

**2012 (PG-13) ★** (1210 130 330 450) 650 810 1020

**A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★** (1145 210 430) 710 930

**MICHAEL JACKSON: THIS IS IT (PG)** (500 PM) 1010 PM

**WHERE THE WILD THINGS ARE (PG)** (110 340) 640 950

**COUPLES RETREAT (PG-13)** (120 PM) 730 PM

**BOWIE STADIUM 14**  
15240 Major Lane State Blvd 800-FANDANGO 454#

**THE BLIND SIDE (PG-13)** (110 400 445) 715 745 1005 1040

**THE TWILIGHT SAGA: NEW MOON (PG-13) ★** (100 130 200 400 430 500) 700 730 800 1000 1030

**PRECIOUS (R) - ID REQ'D** (100 150 230 335 425 510) 615 710 750 915 950 1035

**PLANET 51 (PG)** (150 425) 650 925

**2012 (PG-13) ★** (100 335 420) 700 755 1025

**THE BOX (PG-13)** (200 PM)

**THE FOURTH KIND (PG-13)** (500 PM) 1010 PM

**A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★** (140 415) 650 915

**MICHAEL JACKSON: THIS IS IT (PG)** (215 PM) 735 PM

**ASTRO BOY (PG)** (225 PM)

**LAW ABIDING CITIZEN (R) - ID REQ'D** (455 PM) 745 PM 1035 PM

**GALLERY PLACE STADIUM 14**  
701 Seventh St NW 800-FANDANGO 1721#

**THE TWILIGHT SAGA: NEW MOON (PG-13) ★** (100 130) 400 430 700 730 1000 1030

**THE BLIND SIDE (PG-13)** (110 410) 745 1035

**PLANET 51 (PG)** (1220 235) 450 715 930

**2012 (PG-13) ★** (1150 1245) 445 645 830

**PRECIOUS (R) - ID REQ'D** (1130 1240 240) 310 530 630 810 910 1045

**THE FOURTH KIND (PG-13)** 520 PM 1040 PM

**A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★** (120 410) 640 915

**BOONDOCK SAINTS 2 (R) - ID REQ'D** (140) 420 710 950

**MICHAEL JACKSON: THIS IS IT (PG)** (1140 AM 245 PM) 805 PM

**LAW ABIDING CITIZEN (R) - ID REQ'D** (1255 PM) 650 PM

**PARANORMAL ACTIVITY (R) - ID REQ'D** 345 PM 940 PM

**OC & DA: 2012 (PG-13)** 320 PM 1015 PM

**TWILIGHT SAGA: NEW MOON - DP (PG-13) ★** (1100 200) 500 800 1050

**MEN WHO STARE AT GOATS (R) - ID REQ'D** (1230 255) 525 750 1010

**BALLSTON COMMON STADIUM 12**  
671 N Glebe Rd 800-FANDANGO 377#

**TWILIGHT SAGA: NEW MOON - DP (PG-13) ★** (1130 230 530) 830 1130

**THE TWILIGHT SAGA: NEW MOON (PG-13) ★** (1230 100 130 200 330 400 430 500) 630 700 730 800 930 1000 1030

**PIRATE RADIO (R) - ID REQ'D** (120 420) 720 1020

**2012 (PG-13) ★** (1215 115 245 345 445) 615 715 815 945 1045

**A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★** (145 415) 645 915

**MICHAEL JACKSON: THIS IS IT (PG)** (140 PM 425 PM)

**COUPLES RETREAT (PG-13)** (150 450) 750 1040

**PARANORMAL ACTIVITY (R) - ID REQ'D** 740 PM 1010 PM

**POTOMAC YARD STADIUM 16**  
3575 Jefferson Davis Hwy 800-FANDANGO 690#

**THE BLIND SIDE (PG-13)** (1250 150 355 455) 700 800 1005

**TWILIGHT SAGA: NEW MOON - DP (PG-13) ★** (1110 215 520) 825

**THE TWILIGHT SAGA: NEW MOON (PG-13) ★** (1145 1220 105 140 250 325 410 445 555) 630 715 750 900 935 1020 1055

**PLANET 51 (PG)** (1225 245 505) 725 945

**OC & DA: 2012 (PG-13)** (235 PM) 1000 PM

**2012 (PG-13) ★** (1200 100 335 435) 610 710 810

**MEN WHO STARE AT GOATS (R) - ID REQ'D** (1245 315) 600 835

**A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★** (110 340) 620 850

**MICHAEL JACKSON: THIS IS IT (PG)** (1145 AM)

**LAW ABIDING CITIZEN (R) - ID REQ'D** (1105 205 515) 820

**KINGSTOWNE STADIUM 16**  
5910 Kingstowne Towne Center 703-822-4956

**THE TWILIGHT SAGA: NEW MOON (PG-13) ★** (1200 100 200 300 400 500) 600 700 800 900 1000

**RW & DA: TWILIGHT SAGA: NEW MOON (PG-13) ★** (130 430) 730 1030

**THE BLIND SIDE (PG-13)** (1225 315 415) 615 715 915 1015

**TWILIGHT SAGA: NEW MOON - DP (PG-13) ★** 630 PM 930 PM

**PLANET 51 (PG)** (1235 250 515) 740 955

**2012 (PG-13) ★** (1215 235 335 440) 610 705 820 945 1025

**PIRATE RADIO (R) - ID REQ'D** (1240 PM 320 PM) 625 PM

**PRECIOUS (R) - ID REQ'D** (1200 115 230 345 505) 650 745 925 1020

**MEN WHO STARE AT GOATS (R) - ID REQ'D** (315 PM) 605 PM

**THE BOX (PG-13)** (1225 PM)

**THE FOURTH KIND (PG-13)** (1255 PM)

**A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★** (1220 135 240 355 455) 720 945

**MICHAEL JACKSON: THIS IS IT (PG)** (110 PM)

**COUNTRYSIDE STADIUM 20**  
45980 Regal Plaza 800-FANDANGO 394#

**THE TWILIGHT SAGA: NEW MOON (PG-13) ★** (1100 1130 100 130 200 230 400 430 500 530) 700 730 800 830 1000 1030

**THE BLIND SIDE (PG-13)** (1215 115 315 415) 615 715 915 1015

**PLANET 51 (PG)** (1125 1230 150 255 425 520) 650 920

**OC & DA: 2012 (PG-13)** (310 PM) 1010 PM

**2012 (PG-13) ★** (1110 1140 1240 140 240 410 510) 610 640 740 840 940

**A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★** (1150 220 450) 720 950

**CHRISTMAS CAROL (PG)** (120 PM 350 PM) 620 PM

**PIRATE RADIO (R) - ID REQ'D** (1200 300) 655 955

**MEN WHO STARE AT GOATS (R) - ID REQ'D** (105 330) 635 900

**THE FOURTH KIND (PG-13)** (1120 215 445) 750 1020

**ASTRO BOY (PG)** (1145 210 435) 705

**COUPLES RETREAT (PG-13)** (340 PM) 630 PM 925 PM

**WHERE THE WILD THINGS ARE (PG)** (1250 PM)

**PARANORMAL ACTIVITY (R) - ID REQ'D** 930 PM

**KURBAAN (NR)** 850 PM

**MICHAEL JACKSON: THIS IS IT (PG)** (1105 235) 605 935

**745 PM 1025 PM**

**FOX STADIUM 16**  
22875 Crawford Pkz Ashburn, VA 703-957-1035

**THE TWILIGHT SAGA: NEW MOON (PG-13) ★** (1200 100 130 200 300 400 430 500) 600 700 730 800 900 1000 1030

**THE BLIND SIDE (PG-13)** (240 440 540) 740 840 1035

**PLANET 51 (PG)** (110 340) 630 910

**RW & DA: 2012 (PG-13) ★** (250 PM) 620 PM 940 PM

**PIRATE RADIO (R) - ID REQ'D** (230 PM 520 PM) 810 PM

**2012 (PG-13) ★** (1220 120 350 450) 720 820

**MEN WHO STARE AT GOATS (R) - ID REQ'D** (1210 320 550) 830

**THE FOURTH KIND (PG-13)** 950 PM

**CHRISTMAS CAROL (PG)** (150 420) 640 920

**A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★** (1250 310 530) 750 1015

**MICHAEL JACKSON: THIS IS IT (PG)** 610 PM 850 PM

**ASTRO BOY (PG)** (1240 PM 330 PM)

**WHERE THE WILD THINGS ARE (PG)** (210 PM)

**COUPLES RETREAT (PG-13)** (1230 PM 410 PM) 710 PM

**FAIRFAX TOWNE CENTER 10**  
4110 W Ox Road 800-FANDANGO 670#

**THE BLIND SIDE (PG-13)** (1220 110 335 425) 640 740 945 1035

**PIRATE RADIO (R) - ID REQ'D** (1250 355) 710 1010

**2012 - DP (PG-13) ★** (1240 PM 405 PM) 730 PM

**2012 (PG-13) ★** (1200 120 245 325 445) 610 650 810 935 1015

**MEN WHO STARE AT GOATS (R) - ID REQ'D** (1210 230 455) 720 950

**THE BOX (PG-13)** (100 PM)

**MICHAEL JACKSON: THIS IS IT (PG)** (1230 345) 700 1000

**PARANORMAL ACTIVITY (R) - ID REQ'D** (415 PM) 750 PM 1020 PM

**MANASSAS STADIUM 14**  
11380 Bulloch Drive 800-FANDANGO 490#

**THE BLIND SIDE (PG-13)** (140 440) 730 1030

**TWILIGHT SAGA: NEW MOON - DP (PG-13) ★** 850 PM

**THE TWILIGHT SAGA: NEW MOON (PG-13) ★** (1250 130 210 310 350 430 510) 620 700 740 820 920 1000 1040

**PLANET 51 (PG)** (110 410) 650 930

**2012 (PG-13) ★** (1230 230 320) 600 640 940 1020

**PRECIOUS (R) - ID REQ'D** (1220 150 250 450 530) 720 800 1010

**MEN WHO STARE AT GOATS (R) - ID REQ'D** 610 PM 840 PM

**THE FOURTH KIND (PG-13)** 900 PM

**A CHRISTMAS CAROL 3D - EVENT PRICING (PG) ★** (100 300 400 540) 710 950

**COUPLES RETREAT (PG-13)** (220 PM) 630 PM

Times For 11/24 Bargain Matinees In ( ) OC= Open Captioned RW=RWC Available DA= Descriptive Audio Available DP= Digital Projection \* Pass/Discount Ticket Restrictions Apply © 2009 [www.FECmovies.com](http://www.FECmovies.com)

# Adapt you.

“Personal Tech” can give you cool and useful tools.

**Mondays.**

A publication of **The Washington Post**

XX170 5x2

## television **lookout**

# Looks Truly Do Matter

### 'Objectified' examines design as it relates to mass consumption

**CAPITALISM** | It's a given that most people don't obsess about industrial design. But those who do, so do all the time. That is the lesson of "Objectified" on "Independent Lens" (10 p.m., PBS).

Braun, Apple and Target are cited as the best examples of how design sets both products and companies apart from their competition.

Some decry the use of design as just another way to get consumers to consume even more stuff. Others argue that designers can better solve issues of sustainability than politicians.

Informed that the oceans are



Jasper Morrison's Air-Chair is featured on PBS' "Independent Lens" tonight.

filled with discarded toothbrushes, one designer looks to create a handle to last a lifetime adapted for replaceable brushes.

"Objectified" is not nearly as tightly focused as director Gary Hustwit's previous film "Helvetica," which looked at the origins,

aesthetics and politics of a single typeface. But it remains riveting nonetheless, featuring interviews with people who think deeply about objects many of us hardly notice before we buy, use, and discard them. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

### tonight's lineup

**LOSE WEIGHT, GAIN WEALTH**  
On **THE BIGGEST LOSER** (8 p.m., NBC), Suze Orman talks to the five remaining contestants about the connection between health and wealth, and gives them tips on becoming fiscally fit. The players take a health quiz, then talk to trainer Bob Harper about some of the challenges they will face when they get back home.

**EXCUSES, EXCUSES**  
On **90210** (8 p.m., CW), Liam tries to apologize to Naomi for the events of prom night but denies sleeping with Annie. Meanwhile, Dixon and Liam join the surf team in a bid to keep Liam's stepfather (guest star John Schneider) from shipping him off to military school.

**HOLIDAY DOWNER**  
Put the candied yams back in the warming oven! Gibbs and his team are forced to put their Thanksgiving



Tonight, Suze Orman will give the "Biggest Loser" crew financial advice.

plans on hold after the horrific death of a Marine leads them to a government think tank that employs child prodigies on **NCIS** (8 p.m., CBS).

**FIGHTS, ANGER, ACCUSATIONS**  
After a fight with Jonah, Riley turns to Auggie for comfort on **MELROSE**

**PLACE** (9 p.m., CW). Caleb (guest star Victor Webster) is furious with Ella when her director bails on a job. Meanwhile, David accuses Michael of murdering Sydney.

**TREAD CAREFULLY**  
On **THE GOOD WIFE** (10 p.m., CBS), Alicia must navigate carefully through the minefield of office politics when she's assigned to represent a partner in the firm on a charge of driving under the influence. Meanwhile, she starts to question whether Peter is guilty of corruption.

**MONEY'S NEVER FREE**  
With public anger toward credit card companies sharply on the rise, **FRONTLINE** (10 p.m., PBS) correspondent Lowell Bergman takes a look at the future of the consumer loan industry and its impact on the very fragile national economy, talking to industry insiders, lobbyists, consumer advocates and politicians.

(TRIBUNE MEDIA)

## DO YOU DRINK ALCOHOL?

✓ **Drink daily or almost daily?**

✓ **Are between the ages of 24 and 60?**

We are seeking men and women to study whether a medication for smoking cessation (CHANTIX™) may affect drinking. Volunteers should be healthy and drug-free. Qualified subjects will be reimbursed for their participation. The study lasts nine weeks and requires five outpatient and one overnight visits at the National Institutes of Health Clinical Center in Bethesda MD.

For more details, call  
301-496-7500



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career with  
a future?

eo/aa

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American University - Mary Graydon Center Rm 4  
Washington, DC

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### RSVP:

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educate@american.edu



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WASHINGTON, DC

**Adapt you.** "Personal Tech" can give you cool and useful tools. **Mondays.**

**express**  
A publication of The Washington Post

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**HIATUS In Hibernation** Production on ABC's "Cougar Town" was shut down late last week to accommodate star Courteney Cox. In a statement, ABC confirmed the work halt, noting that it was done "in order for Courteney to deal with a private family matter." There is no word when filming on the series, which has been picked up for a full season, will resume. (THE HOLLYWOOD REPORTER)





Poll Center

WILL YOU BE GLAD WHEN BOTH JON AND KATE ARE NO LONGER ON TELEVISION?

YESTERDAY'S RESULTS AS OF 5 P.M.

YES 94%  
NO 6%

"Never watched it before and never will watch that trash, but at least I hope I will not have to see those idiots on every paper/magazine I pick up anymore."

COMMENTER LOL

"I do not really care. I do not watch drivel like that. I am content with my life and family, and do not need to see other people's problems in order to feel good about my life and family."

COMMENTER WTF

"What will their kids do now that they cannot have temper tantrums in front of the camera? Will they still be child actors?"

AN ANONYMOUS COMMENTER

SEE HOW YOUR METRO STATION VOTED  
WWW.EXPRESSNIGHTOUT.COM



"CAN YOU BELIEVE that? Twenty-three years of internally screaming 'I'm in here!' and nobody can hear you? This is horrendous."

CREATIVEMINORITYREPORT.COM REACTS TO THE STORY OF A MAN WHO WAS MISDIAGNOSED AS BEING IN A COMA WHEN HE WAS ACTUALLY CONSCIOUS BUT PARALYZED.



"Paula Deen is used to large amounts of food flying toward her face, but this time the food won the battle."

YOUJUSTMADEMYLIST.COM GOT A KICK OUT OF SEEING THE FOOD NETWORK STAR GET HIT WITH A FLYING HAM WHILE HANDING OUT FOOD AT AN ATLANTA-AREA FOOD BANK ON MONDAY.



There's nothing like a performance that completely blows by the censors with slow fingers on the trigger. After the Janet Jackson [situation], you'd think these shows would have a 30-second delay."

PAMSHOUSEBLEND.COM WAS ENAMORED WITH ADAM LAMBERT'S SLAVE-THEMED PERFORMANCE AT THE AMERICAN MUSIC AWARDS SUNDAY NIGHT IN LOS ANGELES.



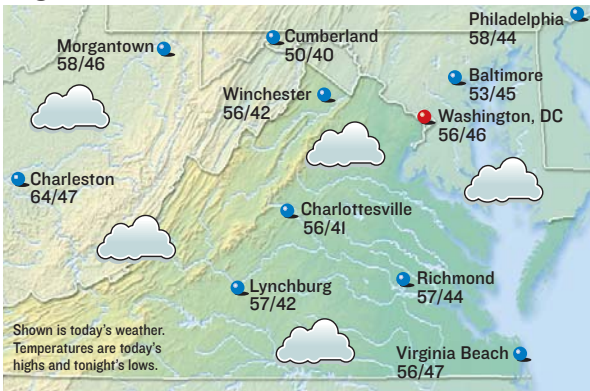
"CURIOUSLY, in the press release, AOL still uses the all-caps method of spelling its name. That doesn't seem like the best way to kick off this new brand identity."

ARISYULIANTA.COM ISN'T SURE WHY AMERICA ONLINE DIDN'T BOTHER USING ITS NEW LOGO WHEN UNVEILING ITS NEW BRAND IDENTITY.

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
A little a.m. rain	Cloudy	Cloudy	Mostly cloudy	Partly sunny	Windy
56°	46°	57° / 47°	57° / 45°	52° / 37°	54° / 37°

Regional Weather



Almanac

Washington, D.C., through 4 p.m. Mon.  
Temperature  
High ..... 51°  
Low ..... 46°  
Normal high ..... 55°  
Normal low ..... 38°  
Average humidity ..... 82%

Precipitation

24 hours ending 4 p.m. .... 0.21"  
Month to date ..... 3.24"  
Normal month to date ..... 2.33"  
Year to date ..... 38.92"  
Last year to date ..... 42.70"  
Normal year to date ..... 35.60"

Regional Forecast

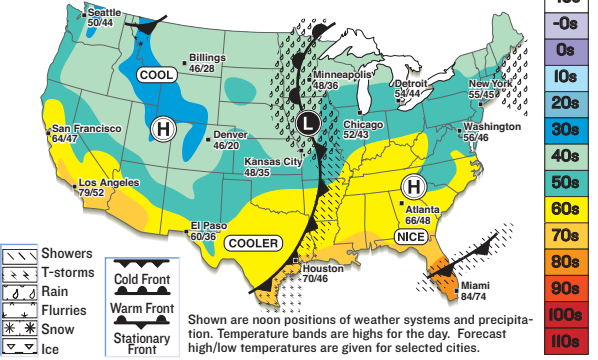
D.C. Metro: Today, mostly cloudy, rain early. High 56. Wind north-northeast 4-8 mph. Tonight, mostly cloudy. Low 46. Wind light, variable.

Sun and Moon

Sunrise today ..... 7:01 a.m.  
Sunset tonight ..... 4:49 p.m.  
Moonrise today ..... 12:26 p.m.  
Moonset today ..... 11:59 p.m.



National Weather for Tuesday, November 24



National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	66/48/pc	65/46/pc
Boston	52/42/r	54/42/pc
Chicago	52/43/r	46/36/c
Dallas	67/41/pc	66/40/s
Denver	46/20/s	42/22/pc
Honolulu	83/72/s	83/71/pc
Los Angeles	79/52/s	82/52/s
Miami	84/74/c	82/72/r
New York City	55/45/r	60/48/c
Orlando	80/64/c	80/64/t
Seattle	50/44/c	54/42/c

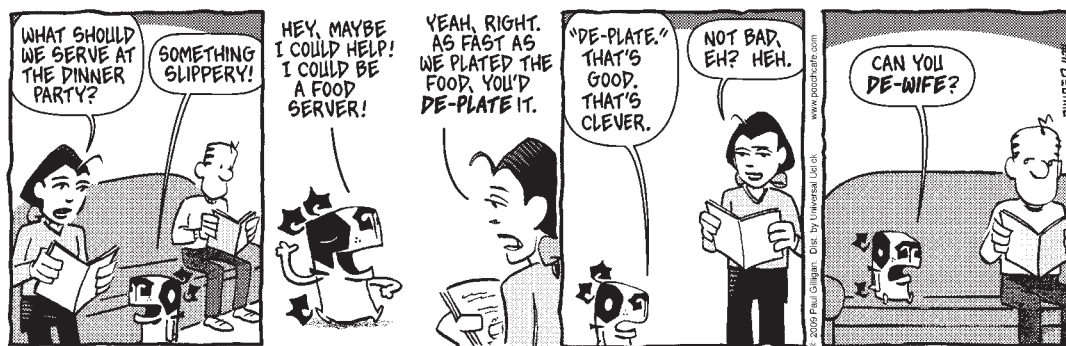
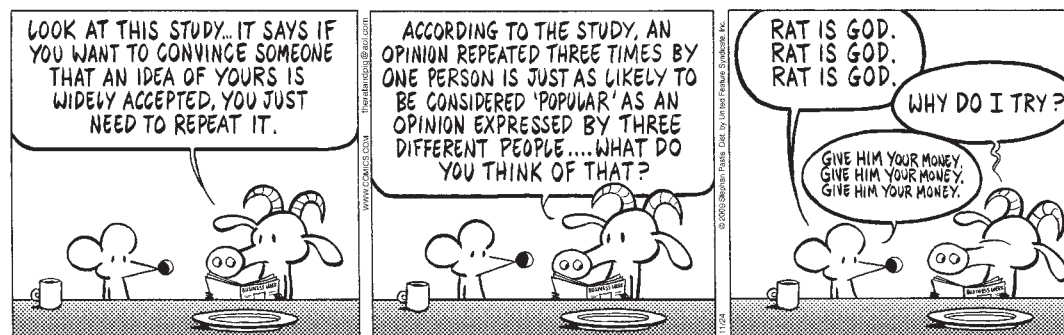
World Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	56/45/r	52/43/r
Athens	68/55/s	64/54/pc
Berlin	50/45/sh	52/44/pc
Buenos Aires	82/63/pc	77/60/t
Calgary	39/16/pc	44/26/c
Dublin	54/41/r	50/39/pc
Geneva	52/38/pc	61/42/s
Moscow	41/34/r	39/32/sh
Rome	63/45/c	63/46/pc
Sydney	72/64/sh	79/66/c
Tokyo	61/53/c	61/49/r



**Bizarro** | Dan Piraro**Cornered** | Mike Baldwin

"Cool, a wheel. Now you can take me shopping."

**Pooch Cafe** | Paul Gilligan**Pearls Before Swine** | Stephan Pastis**The Duplex** | Glenn McCoy**Horoscope**

By Stella Wilder

**SAGITTARIUS (Nov. 22-Dec. 21)** There are many discoveries in store, but you'll want to start at the beginning. Pay attention to unwritten clues.

**CAPRICORN (Dec. 22-Jan. 19)** The social scene provides you more outlets than you can count, but only one or two are likely to prove truly profitable to you.

**AQUARIUS (Jan. 20-Feb. 18)** An unexpected opportunity brings with it more than you had bargained for, and though you may not be ready, you will be very soon.

**PISCES (Feb. 19-March 20)** The more open and accepting you can be, the better off you'll be when you're the one who needs acceptance.

**ARIES (March 21-April 19)** You'll want to be the first one off the blocks. Such a quick start is sure to put you in position for a major personal victory.

**TAURUS (April 20-May 20)** The more you can assert your own individuality without impinging on another's, the better. Much depends upon your mood when you wake.

**GEMINI (May 21-June 20)** You don't want to be the center of attention. Focus on doing things that bring results without putting you in the spotlight.

**CANCER (June 21-July 22)** You've been trying to remain true to your heritage lately, but the whole idea of tradition may be holding you back.

**LEO (July 23-Aug. 22)** Your energy is on the rise, but for a time you may not know exactly what to do with it—until a friend offers a new outlet.

**VIRGO (Aug. 23-Sept. 22)** You've been waiting to hear from someone who can put you at ease, but you're not likely to be in a position to receive the help you need.

**LIBRA (Sept. 23-Oct. 22)** Potential is on the rise, but you'll need something of a boost before you have the energy or inspiration you need to pick up the pace.

**SCORPIO (Oct. 23-Nov. 21)** Not everyone is likely to understand just what you're up to at this time, but you'll have the chance to explain yourself more fully.

**Today in History**

**1859** British naturalist Charles Darwin publishes "On the Origin of Species," explaining his theory of evolution.

**1874** Barbed wire is patented by American Joseph F. Glidden.

**1947** A group of writers, producers and directors known as the "Hollywood 10" are cited for contempt by Congress for refusing to answer questions about alleged communist influence in the movie industry.

**1963** Lee Harvey Oswald, accused assassin of President John F. Kennedy, is fatally shot by Jack Ruby in Dallas, Texas.

**1971** Hijacker Dan Cooper parachutes from a Northwest Airlines 727 over Washington state with \$200,000 in ransom. His fate remains unknown.



Jack Ruby, right, fatally shoots Lee Harvey Oswald, center, Nov. 24, 1963.

**2008** The Muslim charity the Holy Land Foundation for Relief and Development, and five of its former leaders are convicted by a federal jury in Dallas, Texas, of funneling millions of dollars to the Palestinian militant group Hamas.



lookout people



Little Richard fans shouldn't rock out too hard or they'll need hip surgery, too.

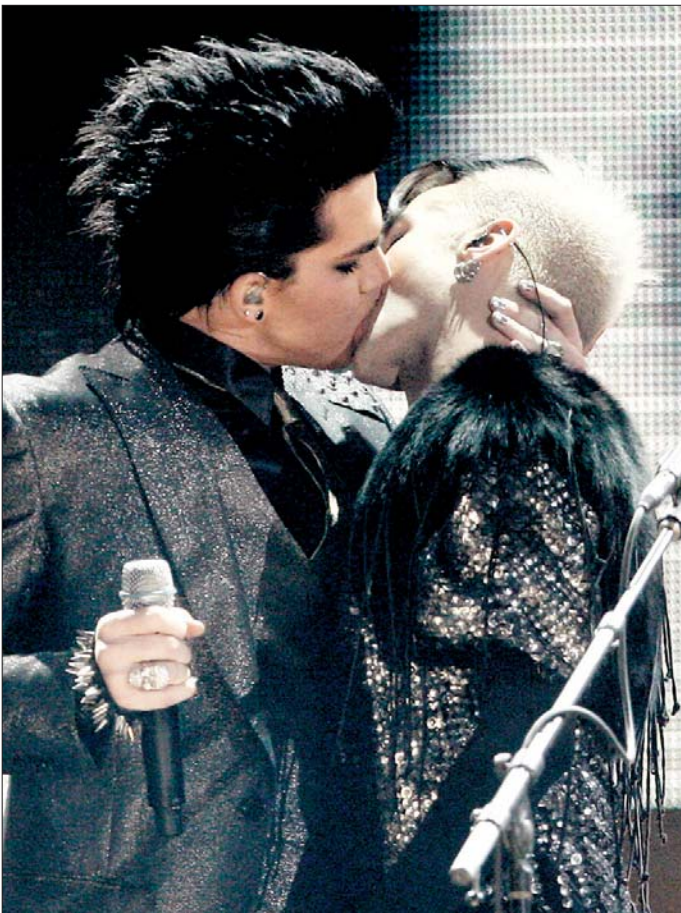
ELDERLY  
Signal to Retire Ignored

**LITTLE RICHARD** is asking fans to pray for his speedy recovery after undergoing hip surgery in Nashville. The 76-year-old asked a family friend to tell fans "to get ready to rock 'n' roll with him in the new year because he's coming back strong." (AP)

COOKING  
It's Nothing a Stick or Two of Butter Won't Fix

**PAULA DEEN** is sore but unhurt after being hit in the face with a flying ham as she distributed food to the homeless in Atlanta Monday. The target was apparently a storage bucket, not Deen. "She's OK now and is icing her face," a representative told Us magazine. com. (EXPRESS)

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Find the latest celebrity news and photo evidence of stars' sordid lives at [www.expressnightout.com](http://www.expressnightout.com).



NO CHANGE  
Double Standard Still Stands

ABC says more than 1,500 people have called to complain about **ADAM LAMBERT**'s behavior at the American Music Awards. Before his performance, Lambert said that he wanted to break down a double standard that allows female performers to be sexually provocative but not men. During his act, Lambert fondled a dancer, led another around on a leash, had a dancer briefly stick his head in Lambert's crotch and kissed a man. (AP)

OFFERINGS  
'Cease Your Weeping, Subjects. See What I Have Brought Thee'

Another interview coup for **OPRAH WINFREY**: Vicki Kennedy, wife of the late Sen. Edward Kennedy. In her first interview since her husband's death, Vicki Kennedy will appear on Winfrey's show Wednesday, along with her stepson Ted Kennedy Jr. and her two children from



Nothing soothes a frantic fan base like a Kennedy.

a previous marriage. Edward Kennedy died in August at age 77, weeks before the release of his memoir, "True Compass." Winfrey, who announced Friday she would end her program in 2011, recently had the first interview with ex-Alaska governor Sarah Palin as she promoted her memoir, "Going Rogue." (AP)



The Jolie-Pitts also donated about a million dollars to projects in Cambodia.

PHILANTHROPY  
Goodness Gracious

**ANGELINA JOLIE** and **BRAD PITT** gave more than \$6 million to charity in 2008 via their Jolie-Pitt Foundation, according to a 2008 tax return. This is double what they donated in 2007, says the Hollywood Reporter. Among the recipients: Global Health got \$2 million; Human Rights Watch got \$1 million; and the Make It Right Foundation got \$1 million. (EXPRESS)

WISDOM  
J. Lo's Cognitive Dissonance Generates Bizarre Aphorism

"The measure of things isn't what happens when you fall; it's how you recover when you fall," **JENNIFER LOPEZ** told Ryan Seacrest Monday on his radio show. The singer fell on her backside after she jumped off a pyramid of male dancers at the American Music Awards Sunday. (EXPRESS)



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# puzzles lookout

## CROSSWORD | POOF!

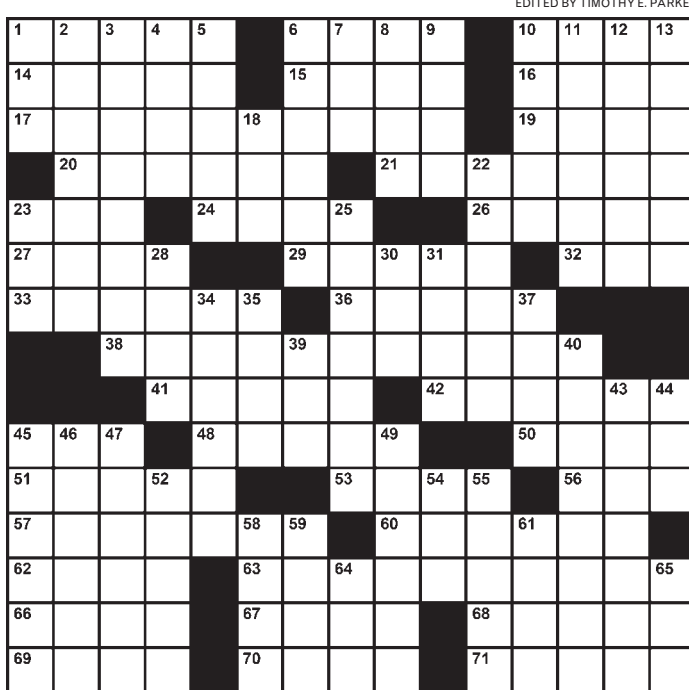
### ACROSS

1. America's bird  
6. Bone under a  
bracelet  
10. Farm soil  
14. Sagacious sorts  
15. Lowest high tide  
16. Barney's boss  
17. Magical phrase  
19. Adjusts for  
romantic effect, as  
lights  
20. Sight from  
Turkey  
21. Daring deed  
23. Beefeater  
product  
24. Uneducated  
guess  
26. French painter  
Rousseau  
27. Uneaten morsels  
29. Kind of furniture  
32. "Gimme a \_\_\_\_"  
33. False front?  
36. "American Pie"  
destination  
38. Magical phrase  
41. Wrap brand  
42. Crunch producer  
45. \_\_\_\_-letter days  
48. Undergrad  
course, briefly  
50. Ogler  
51. Rinse out  
53. Electrolocation  
users  
56. The three little  
kittens' reward  
57. Site of many a  
protest  
60. Ring-tailed  
animals  
62. Patina,  
essentially  
63. Magical phrase  
66. A Great Lake

67. Speedy breed of  
steed, for short  
68. Certain abstract  
paintings  
69. 100 cents, in  
Cape Town  
70. "I \_\_\_\_ man with  
seven ..."  
71. "Harper Valley  
P.T.A." singer  
Jeannie C. \_\_\_\_

### DOWN

1. Massage target?  
2. Helpers from  
abroad  
3. Hot health drink  
4. Air bag, of a sort  
5. Apostrophe  
followers, often  
6. Click open  
7. Where cattle  
graze  
8. Moniker  
9. Point of  
culmination  
10. It may be found  
in a stew  
11. Latke  
ingredients  
12. Venerate  
13. Involving  
otherworldly  
practices  
18. "\_\_\_\_ a Peach"  
(Allman Brothers  
album)  
22. "Friends"  
character  
23. Red state grp.  
25. Skier's asset  
28. Backups  
30. "The Splendid  
Splinter" Williams  
31. "Ghostbusters"  
director Reitman  
34. Sunlight



EDITED BY TIMOTHY E. PARKER

blockers

35. What some use  
to ply their craft?  
37. Scottish tongue  
39. Archipelago part  
40. Anomalous  
43. Time off  
44. "But I heard  
him exclaim, \_\_\_\_ he  
drove ..."  
45. Illicit smoke  
46. City southwest  
of Ithaca  
47. Capital on the  
River Liffey

49. "Iliad" wife  
52. Broke, in a  
sense

54. El, pluralized  
55. Flavor  
58. "Rolez" watch,  
e.g.  
59. Days of \_\_\_\_  
61. African  
antelope  
64. Animal known  
for its righting  
reflex  
65. Rooting  
section?

### Yesterday's Solution



## SUDOKU | MEDIUM

Fill in the boxes so each row,  
column and 3-by-3 square  
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See [www.sudoku.com](http://www.sudoku.com) for  
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program.

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in the Comics section of the  
Post every Sunday and in  
the Style section Monday  
through Saturday.

### Yesterday's Solution

8	2	3	1	4	7	9	6	5
6	9	4	3	8	5	1	7	2
1	7	5	2	9	6	3	4	8
4	5	2	6	1	8	7	9	3
9	6	1	5	7	3	8	2	4
7	3	8	4	2	9	6	5	1
3	1	6	7	5	4	2	8	9
2	4	9	8	6	1	5	3	7
5	8	7	9	3	2	4	1	6

			2	3	4			
8		6				2		5
	4						3	
		9		5		6		
		3	8		2	1		
		8		9		3		
	6						8	
2		1				9		3
		3	1	7				

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DESIGN—MARCIA HARDER, ERNIE SMITH | COPY CHIEF—AIMEE GOODWIN | PRODUCTION SUPERVISOR—MATTHEW LIDDI | PHOTOGRAPHER—MARGE ELY

PUBLISHED BY EXPRESS PUBLICATIONS LLC, 1150 15TH ST NW, WASHINGTON, DC 20071 | A SUBSIDIARY OF THE WASHINGTON POST COMPANY

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